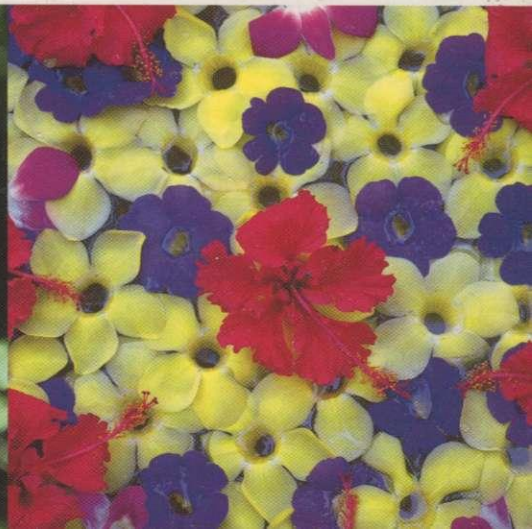


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* Prices per person sharing twin room, valid Sep-Nov 03 & Feb-Mar 04, correct at time of printing but subject to change/availability - check at time of booking. Prices for alternative dates, durations and room types available on request.

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Asiaworld

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Langkawi, Kedah Darulaman,
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Malaysia is now featured in more brochures than ever before and many tour operators have extended their programmes, introducing new hotels and more destinations.

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Tourism Malaysia exists to offer specialist training and information to the travel trade. It is also fully committed to provide intending holidaymakers with all the information and literature they need to maximise their holiday experience.

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For more information, contact

Tourism Malaysia

57 Trafalgar Square

London WC2N 5DU

Tel: 020 7930 7932

Fax: 020 7930 9015

Email: info@tourism-Malaysia.co.uk

Website: www.MalaysiaTrulyAsia.co.uk



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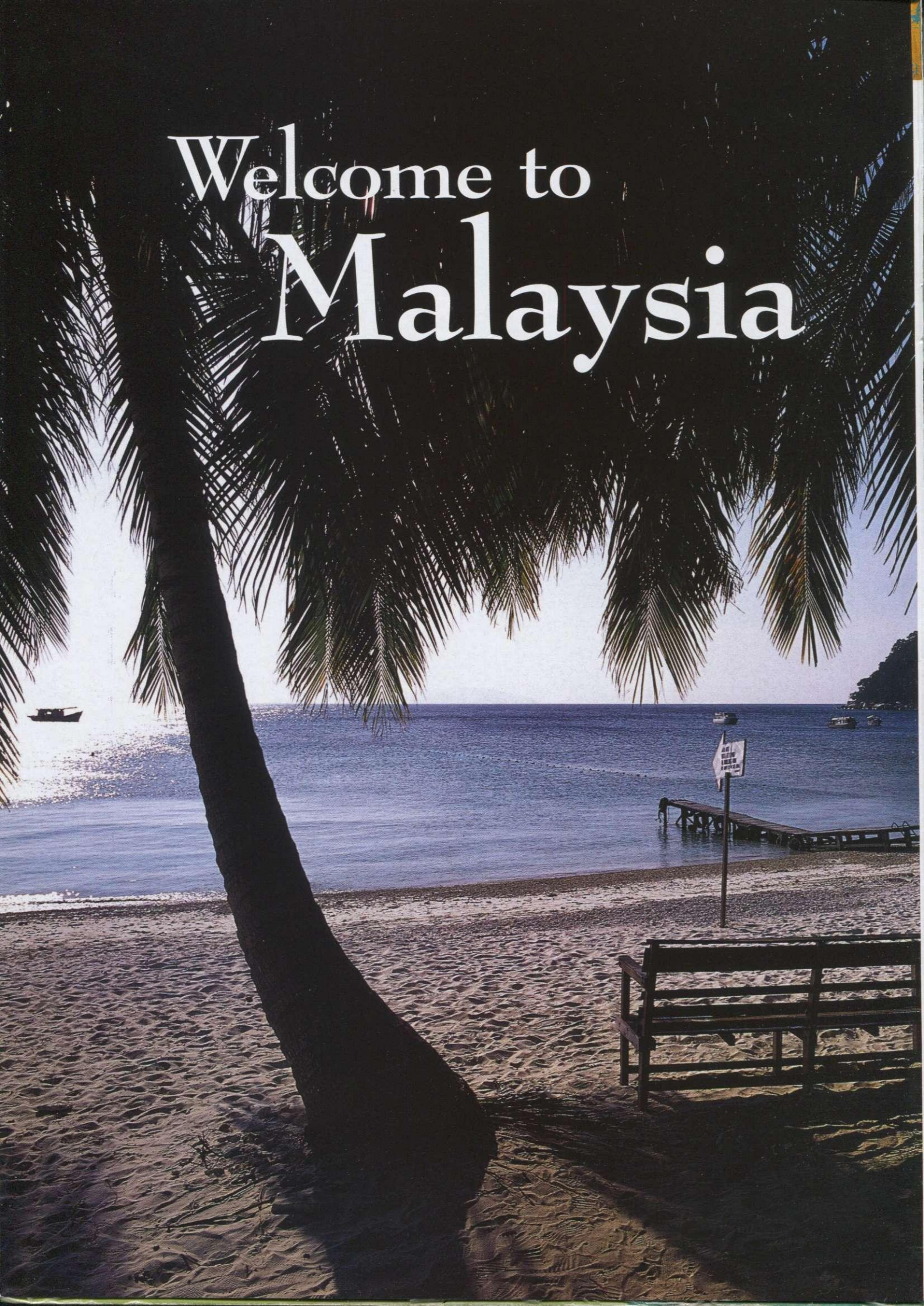
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Welcome to Malaysia





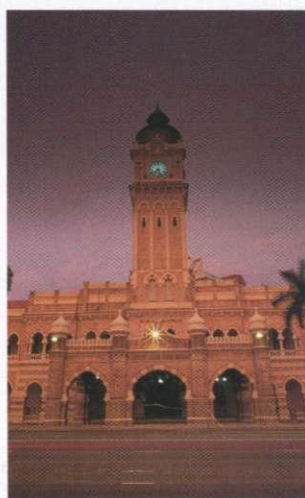
Malaysia is a unique destination. Full to brimming with marvellous things to see and do, it is one of the few places in the world where your visit can easily encompass city, beach and jungle in one amazing, easily arranged trip.

MAGNIFICENT mountains, centuries-old forests, tea-clad hills, rivers and waterfalls wind down through traditional villages, oriental shrines and temples, and on to shiny new cities, where the most up-to-date flick of the switch technology provides 21st century entertainment. Sun-drenched beaches, spectacular marine parks, and secret islands play host to watersports both above and below the sea. And, if you prefer your sports on dry ground, Malaysia has over 350 golf courses, some even floodlit for night play.

Nature-lovers, birdwatchers and adventure seekers will be thrilled by the country's breathtaking National Parks, and culture buffs will be fascinated by the architectural history of Malacca, Georgetown and KL. Hedonists too need look no further. With more than its fair share of luxurious resorts and hideaway hotels with spa facilities to die for, Malaysia is holiday heaven.

The warmth of the welcome is what often surprises first-time visitors to Malaysia.

Yet a genuine live and let live attitude has permeated Malaysian society for hundreds of years, enabling Muslims, Hindus, Buddhists and Christians to work and play together in harmony. New buildings sit comfortably beside old, Hindu temples hunker down next to Chinese shops and Indian markets, and hawkers stalls serve-up between trendy



bistros. Modern cities, historical towns, traditional livelihoods and commercial business mingle seamlessly together.

Set in the very heart of South East Asia, Malaysia stretches down in a beautiful finger-shaped peninsular from Thailand to Singapore. Sabah and Sarawak on the exotic island of Borneo make up the rest of the country. A multi-cultural melting-pot of religion, tradition, costume and cuisine makes Malaysia truly fascinating.

OLD & NEW

Sparkling Kuala Lumpur, gateway to the modern nation is flourishing. Futuristic KL International Airport signals the country's intention to become a First World country by 2020, and the construction of the nearby Multimedia Super Corridor, aims to place Kuala Lumpur at the forefront of the global technology industry. In contrast, just two hours away, Malacca, keeper of the country's historical heritage is a well-preserved city reflecting the story of a bygone era. And, up in the hills, cool retreats such as ▶

Opposite Page
A beautiful Langkawi
sunset
Top to Bottom
Sultan Abdul Samad
Building; a welcoming
smile; Malay
traditional dancers



Indian Ocean are a magnet for holiday makers and offer some of the best accommodation available in Malaysia. The east coast islands, like Redang and Perhentian are less developed, and great for divers keen to explore the amazing aquatic life in the marine parks.

BORNEO

Although almost twice the size of Peninsular Malaysia, the states of Sabah and Sarawak on Borneo are much less visited, and waiting to be discovered, so now is a good time to go. Separated from the mainland by the South China Sea, the wild untamed parks provide a huge range of natural adventure options. Exploring the caves at Niah National Park in Sarawak, climbing Mount Kinabalu, in Sabah, the highest mountain in the region, and deep-sea diving at Sipadan, are all hotspots for thrill-seekers. Culturally the two states are made up of multi-ethnic tribes who have lived in the area for thousands of years. Staying in a longhouse, the centre of tribal, communal life is a highlight of any trip to Malaysia.

Whether you come to Malaysia for the great shopping, the delicious food, soft adventure, cultural highlights, the mountains, the coral reefs or the beaches, mesmerising Malaysia really does have it all.

www.MalaysiaTrulyAsia.co.uk
www.tourism.gov.my
www.travel.guardian.co.uk

Top to Bottom
 A sun-kissed beach;
 Petronas Twin Tower
 bridge in Kuala
 Lumpur; Snorkelling in
 Sibu Island, Johor

afternoon tea and cakes British Colonial style.

Further inland the awe-inspiring natural beauty of Taman Negara really does put age into perspective. The national park has some of the oldest forests in the world, some areas date back more than 130 million years. Hunting and fishing have always taken place here; jungle trekking, canopy-walking and white-water rafting are rather newer pastimes.

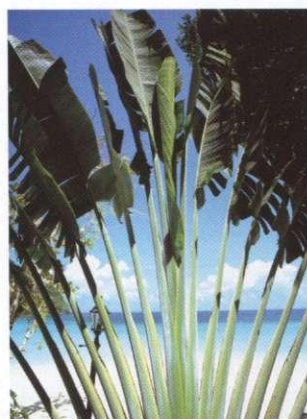
Surprisingly undeveloped and rural, the east coast of Peninsular Malaysia upholds centuries-old traditions and livelihoods giving the region a

strong separate cultural identity. The area is traditionally Malaysian, and has largely escaped the development of the west coast. Encompassing Kota Bharu, through Terengganu to Kuantan in the south, the east coast has always been devoutly Muslim, and the region adheres to the morals and values of this religion.

FABULOUS BEACHES

Bordered by the Indian Ocean on one side, and the South China Sea on the other, the two long coastlines of Peninsular Malaysia have given rise to some of the world's most fabulous beaches, and hundreds of perfect tropical islands. Snorkellers, divers and hedonists are drawn to the easily accessible marine life, amazing coral reefs and sun-drenched sands. Whether you prefer long wide beaches for watersports, silver sands for sunbathing or shady coves for something else entirely; the choice is overwhelming.

The Tropical islands of Penang and Langkawi in the





Getting there

Getting to Malaysia is very easy from the UK.

NATIONAL carrier Malaysia Airlines flies non-stop to Kuala Lumpur two-three times a day from Heathrow, and four times a week from Manchester. Two flights a week fly direct to Penang and two fly directly to Langkawi. The overnight flight takes 13 hours and has one of the best economy seat pitches (34") in the business. All passengers can take advantage of the latest in-flight entertainment systems, with personal TV's located behind each seat, and video games available to help the flight to pass more quickly. Recently voted one of the Top Five "International Carriers" in an international airline survey conducted by Skytrax Research of London, Malaysia Airlines was also voted 2nd in the international airline ranking for the "Best Economy Class 2003" and 3rd for Asia's "Best Airline 2003" award.

Singapore Airlines flies from Heathrow and Manchester to KL via Singapore, Emirates flies from Gatwick, Heathrow, Birmingham and Manchester to KL via Dubai, and Thai International flies via Bangkok.

KLIA

Most visitors to Malaysia arrive into Kuala Lumpur International Airport (KLIA).

And what an airport! The futuristic Kuala Lumpur International Airport boasts the world's tallest air-traffic control tower, the biggest columnless hangar, the longest baggage conveyor belt system, the biggest passenger lounge and the capacity to cater to up to 25 million people a year.

With a rambling roof



resembling white Bedouin tents, the five-level KLIA is more than just an airport. Every effort has been made to create a serene environment. Within the airport grounds, the forest area is about to be transformed into a recreation park with superb leisure facilities. There will even be a golf course here. A 450-room five star Pan Pacific Hotel is within walking distance from the airport terminal, and 80 day-rooms are available for the travel-weary transit passenger. Using the airport is a shopping experience in itself, with over 60

retail outlets to tempt you. Detailed information can be found at www.klia.com.my

From the airport, the fastest way into the city is via the KLIA Express. This smooth and modern air-conditioned train leaves the airport every 15 minutes or so and will whisk you to KL Sentral Station in around 28 minutes. For latest fares and up-to-date timetables visit www.kliaekspres.com Kuala Lumpur City Air Terminal (KL CAT) is where the KLIA Ekspres departs and arrives every day. It is situated on the fringe of the city centre inside KL Sentral

Station. The KL CAT serves as an extension of KLIA and offers check-in services for airline passengers. Check whether your airline offers this service when you arrive.

The Express Coach Services run between the airport and the city centre between 05.00 and 22.30 daily and are cheaper, but take a fair bit longer. Taxis and limos are available from the airport. Fares are displayed at the airport and are charged in Ringgits by zone. Most major car rental companies operate counters at the arrival concourse on a 24-hour basis.

Left Kuala Lumpur's stunning new futuristic airport

Below Just 13 hours to Malaysia

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Getting Around

08

Malaysia Guide 2003

Travel within Malaysia is cheap and convenient. It's safe and easy to arrange, and whether you want to go quickly or take your time to enjoy the journey, the choice is yours.

BY AIR

Malaysia Airlines offers the most comprehensive list of internal destinations.

Visit www.malaysia-airlines.com/uk for a full list of routes. Small airports can be found at Kuala Terengganu, Tioman, Pangkor, Taman Negara, Kuantan, Penang, Malacca and Langkawi to name but a few.

Air Asia (www.airasia.com) operates flights to/from KLIA to many places within Malaysia including Penang, Langkawi,

Kuching in Sarawak and Kota Kinabalu in Sabah.

BY RAIL

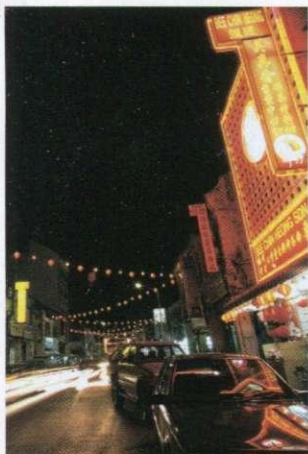
Keretapi Tanah Melayu Berhad (KTM) or Malaysian Railways has an impressive rail network that stretches from north to south and east to west in Peninsular Malaysia. KTM has a number of special deals for tourists. For example the KTM Railpass offers all the benefits of first-class travel at economy rates. Railpass holders are allowed unlimited travel on any

passenger train in Malaysia and Singapore for the duration of the railpass. Children under four travel free and children aged four to 11 pay half fare. More information and maps are available from (tel) 0060 3 2273 8000 www.ktmb.com.my

There are two mainly elevated Light Railway Transit lines in the city, providing a quick and pleasant way to get around KL. The STAR LRT runs south from Sentul Timur to Sri Petaling and Ampang in the east, and is convenient for visiting the World

Trade Centre. The PUTRA LRT provides links to the eastern and western suburbs of the city. Services operate weekdays 06.00-24.00, weekends 07.30-23.00, and fares are very reasonable. Routes and timetables are displayed in stations with an LRT logo, and tickets can be purchased outside the stations from easy-to-use ticket machines.

A luxury train service, the Eastern and Oriental Express, is a luxurious way to travel, and a holiday in itself. Fourteen air-



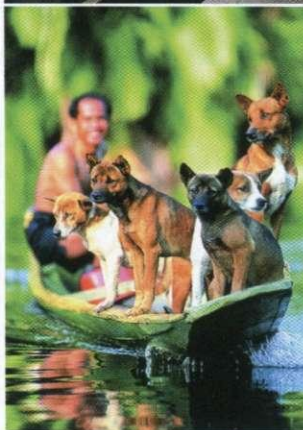
conditioned sleeping cars have been refurbished in 1930's colonial style recalling the comfort and glamour of a bygone era. The journey from Singapore to Bangkok and back again passes through Kuala Lumpur as well as some of Malaysia's most beautiful regions. For more information visit www.orient-express.com

BY BUS

Buses are the most popular form of local transport in Malaysia. Air-conditioned express buses and non-air-conditioned regional buses are available from Kuala Lumpur to many other towns in Peninsular Malaysia. There are almost 1000 routes, with regular services in and between all principal cities. Four-wheel-drive buses are used in rural areas of Sabah and Sarawak.

BY TAXI

Interstate taxis are an inexpensive



and rapid means of travel from one state to another, especially if you can share the cost. Fares for interstate taxis are fixed and there is no extra cost for air-conditioned taxis. A 50% surcharge on the fare from midnight to 6 am is normal.

BY CAR

Hiring a car is a good way to see Peninsular Malaysia. The roads are good, driving is on the left, and the signs clear and usually in English. (see Holiday ideas.)

For information or assistance when driving around the country, contact the Automobile Association of Malaysia or AAM

Tel: 0060 (03) 2162 5777

E-mail: aam@aamhq.po.my

*Top to Bottom
Driving through Penang; a trishaw; the
LRT in Kuala Lumpur; hunting dogs in
boat in Sarawak
Opposite Page
Chartered yacht in Datai Bay, Langkawi*

The Best of Malaysia

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Wherever your choice, you'll be amazed at the splendour and delight of beautiful Malaysia.

Come with us and discover the rising star of the Far East, with prices starting from only £765 for 5 nights including accommodation*.

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- ▲ To speak to an advisor for more information on Malaysia or other packages call: 0870 5673 464
- ▲ Or visit www.qantas.co.uk and follow the link to Qantas Holidays
- ▲ Brochure line for the official Qantas Holiday Guide: 01276 410397
- ▲ Agents please call: 020 8222 9119

*Subject to availability - see brochure for details.



Holiday Ideas

Beaches

PENINSULAR Malaysia is endowed with a wonderfully long and mostly scenic coastline. Palm-fringed sands, small private coves, and wide-open beaches stretch along the ocean, and beautiful tropical islands are scattered offshore in the aquamarine waters. The west coast is more developed than the east, and offers a wealth of watersports from the resorts along the coast. Choose Penang or Langkawi for the biggest selection of activities, including parasailing, windsurfing and waterskiing. Further north relax and soak up the sun on Pangkor Island or take a day trip to Emerald Bay on Pangkor Laut, said by some to be the best beach on the west coast.

On the east coast, deserted beaches and fishing villages are the norm. Here between July and September you may be lucky enough to spot Green Turtles laying their eggs

at Chendor Beach, or Giant Leatherback Turtles clam-bering ashore at Rantau Abang, one of only six places in the world where this happens.

The east coast islands, including Redang and the Perhentian islands are havens of peace and tranquillity. With their unbelievably white sands and clear, clear water, the islands are perfect for snorkelling, and even from the beach the fish are amazing. Just across the South China Sea, the magical islands of the Tunku Abdul Marine Park offer similar delights, and are easily accessible from Kota Kinabalu on Sabah.

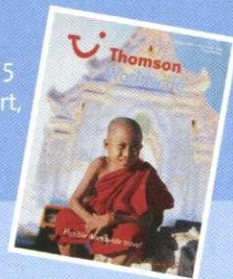
And if you prefer wilder waves, marvel at the rocky seastacks, craggy bays and scenic shoreline in Bako National Park in Sarawak; a complete contrast. In Malaysia there is no shortage of choice.



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World of TUI

Diving

THE pristine waters off the coast of Malaysia make it one of the top dive destinations in the world. The huge diversity of coral, reef gardens and marine life have attracted divers for years. Here you can dive with whale sharks, explore immense coral gardens, dive into deep coral caverns, or even swim around WW2 shipwrecks. The visibility is outstanding. Catering for novice and experienced divers alike there are numerous dive operations, both in the UK and locally in Malaysia. Here are some of the most popular sites:

1 The Tunku Abdul Rahman Marine Park is easily accessible from Kota Kinabalu in Sabah and is one of the top spots to dive in Borneo. Whale sharks are often spotted here between December to April. www.jaring.my/bdivers

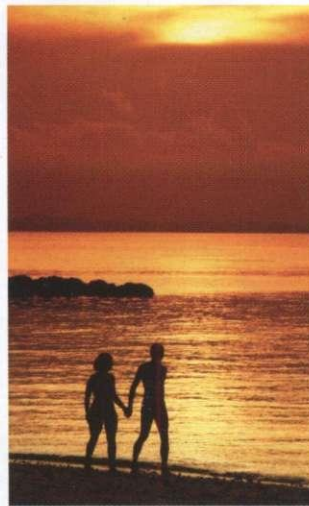
2 The Perhentian Islands have only recently been 'discovered' and the marine life here has been left undisturbed for centuries. Just off the coast of Kelantan, arrive by boat from Kuala Besut Jetty. For more info visit www.perhentianisland.com.my

3 Two large shipwrecks bear testimony to one of the biggest battles of WW2 just off the coast of Labuan north of Sabah. There are flights to Labuan from KL or Kota Kinabalu. For more info visit www.jaring.my/bdivers

4 Pulau Payar Marine Park, which includes Langkawi amongst its 99 islands, has wonderful coral gardens and great visibility. Visit www.langkawicoral.com for more info.

5 The Terengganu Marine Park is a protected area north of Kuala Terengganu, and its reefs are practically bursting with fish. Spot large groups of turtles to the north of Redang Island. See www.redangisland.com

6 A firm favourite of legendary Jacques Cousteau, Sipadan is a



Getting Married in Malaysia

More and more couples are tying the knot abroad these days. It's certainly cheaper to combine wedding and honeymoon into one unforgettable trip, and the photo opportunities are wonderful. Malaysia is a great choice, as not only can the bride and groom get married by the beach in a tropical paradise resort, they can choose to continue their honeymoon in a different destination within the same country. There is nothing to stop the newly-weds getting married in Penang, flying over to Sabah for some caving and jungle trekking, then relaxing on the beach at Tanjung Aru, before shopping in KL on the way home.

To get married in Malaysia you need to spend a minimum of 10

days at your destination. The exact legal documents required will be advised at the time of your enquiry. However as a guide line for a civil wedding ceremony you will need photocopies of the following:


- Birth certificate showing name of both parents
- Valid 10 year passport for both bride and groom
- Copies each of recent passport size photographs
- Affidavit to prove your status e.g. single/widow/widower/divorced etc
- Full names, addresses, occupations and religion for both bride & groom
- Legal proof if your name has been changed by deed poll.

Opposite

Diving is just one of the pleasures in Malaysia's waters

Top to Bottom



Just married; turtle nesting; kayaking at Sibul Island, Johor; the magic of underwater




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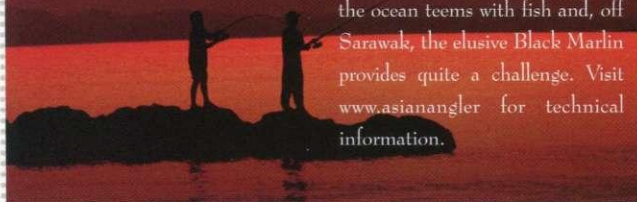





Birdwatching and Fishing

BIRD WATCHING is extremely popular in Malaysia. The country's vast expanses of rainforests and diversity of landscapes are home to more than 700 species of exotic bird-life, including some extremely rare ones. Bird sanctuaries have been designated throughout the country, and these include Taman Negara, Fraser's Hill, and the Kuala Selangor Nature Park in the Peninsular. For local birdwatching news visit www.mns.org.my

THE RIVERS AND DEEP LAKES of the national parks offer the angler incomparable fishing opportunities. Often hidden in the forest or tucked away in ponds and lakes in the hills, the peace and sense of isolation are complete. For comprehensive info on where to fish visit www.hotelmalyasia.com/angling. For the deep sea sports fisherman, Malaysia's waters are stocked with game fish. In the coastal waters off Terengganu, Johor, and Sabah, the ocean teems with fish and, off Sarawak, the elusive Black Marlin provides quite a challenge. Visit www.asianangler for technical information.



remote island north east of Borneo. Its precipitous reef wall and spectacular diving is ideal for experienced divers. For more info visit www.jaring.my/bdivers

To protect the natural environment: Ask to be moored rather than anchored. Wear a t-shirt rather than sun cream, and never touch the coral.

Golf



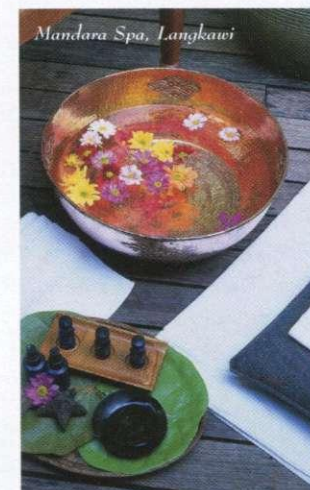
Gunung Raya Golf Course, Langkawi

Chinese cultures offers a tempting array of eastern treatments and this, combined with modern methods and sublime settings, makes the country a natural choice for a restorative holiday. A full range of therapies can be found in the exclusive facilities of Malaysia's leading hotels, including the ayurvedic mysteries of Hindu healing and relaxation, the sensual aromatherapy pleasure of a traditional Malay flower bath and the ancient oriental art of shiatsu massage. Take a look at these three to start with.

Recently rated by Conde Nast Traveller as the number two overseas hotel spa in the world; the Mandara Spa at the Datai in Langkawi has a lot to live up to. This wonderful spa offers a completely natural and holistic experience that relies on the healing power of touch, the nourishment of nature and the serene beauty of the surroundings.

Visit www.mandaraspa-asia.com/malaysia/location/datai for details.

Visitors have called Pangkor Laut 'Fantasy Island', and you will understand why when you see the newest addition to the resort. The luxurious Spa Village is a collection of low buildings nestled on a quiet bay between the sea and the rainforest. Featuring both indoor and open-air spaces, the village is designed to soothe and refresh the senses.



Mandara Spa, Langkawi

MALAYSIA is golfing heaven.

There are over 200 golf courses with hugely diverse settings in hill resorts, islands, beaches, cities, and towns. A number of courses have been designed by golf's top names, including Jack Nicklaus, Gary Player and Greg Norman, to bring out the best features of the stunning environment. With temperatures that fluctuate little during the year, golf is a game that can be enjoyed at any time. For the most dedicated players even night-time golfing is being offered at some courses. Green fees are relatively low, and caddies are affordable. For comprehensive information on courses you can order a Golf brochure online from www.malaysiatrulyasia.co.uk, and for up-to-date news visit the sports on-line magazine at www.golfmalaysia.com.my

Spa Resorts

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The programmes are based on four concepts: Rejuvenation and Longevity, Relaxation and Stress Reduction, Detoxification, and Romance. For more details see www.pangkorlautresort.com

The Jamur Nature Spa at the Andaman Resort in Langkawi uses 'the rejuvenating influence of the vast Andaman Sea, the healing essence of the rainforest, and the delights of natural spices, to create 'traditional body treatments for your pleasure'. Some of the delicious-sounding treatments include a Vanilla Mocha Body Scrub, a tropical papaya & kemiri nut wrap and a rose petal eye mask.

See www.theandaman.com for more details.

Families

FINDING something to keep everyone amused is tricky. However, in Malaysia there are more options than most, and combining city with national park and beach holiday ticks quite a few boxes. In KL the modern shopping malls, entertainment complexes and night markets will entrance most ages. From here hire a car or take an organized trip from KL to Taman Negara, the biggest national park in the country. A canopy walk, overnight stay in the forest or a trip on a longboat through the jungle to see monkeys, otters and animals at play is a novel experience. A short hop takes you to the sheltered beaches of Penang or Langkawi with their host of watersports and holiday activities. Or fly to Sabah and explore the beautiful Tunku Abdul Rahman National Park. Its white sandy beaches and warm clear waters are ideal for toddlers, and the snorkeling is excellent for older kids. The sunny weather, good hygiene and warm welcome families receive in Malaysia will make it easy and interesting to introduce your children to a different

culture – they won't even notice they are being educated!!

Fly/Drive and Touring Holidays

IF YOU like the freedom of doing what you want to do, when you want to do it, consider the flexibility of self-drive. Not as adventurous as it sounds; driving is easy in Malaysia. The network of roads is excellent, you drive on the left, the signs are clear (and usually in English), and the petrol is cheap. The country may look big, but in fact, nowhere on the Peninsular is more than a day's drive away from Kuala Lumpur. There is little traffic, apart from in KL and Georgetown in Penang, and you get to drive through some scenically beautiful areas. Climb up high mountain roads, and down to lush green valleys, past fishing villages and deserted beaches, waterfalls, rivers and forests. There is always accommodation available, from palm-thatched cottages and mountain chalets, to deluxe resorts you won't be stuck for somewhere to stay.

You can either pick up a hire car at the airport (see www.hertz-malaysia.com or www.avis.com.my to name just a couple) or choose to have it delivered to your hotel. You can also arrange to pick up and drop off your car at opposite ends of the country, to enable you to see and do as much as possible in the allotted time. Many tour operators will help to plan your itinerary and book hotels along the way, if you are a little nervous of going it alone. However, you will soon be hooked. There is so much to see and do, and all at your own pace. If you do get lost most people speak English, and will point you in the right direction. Normally you will need to be at least 23 years old to hire a car in Malaysia, and must have held a full driving licence for at least two years.

Adventure Holidays

White Water Rafting

Totally exhilarating, this sport is becoming more and more popular with visitors and locals alike. The turbulent rapids and fast-flowing rivers of Sabah in particular will satisfy the most ardent adrenalin junkie. The two main rivers for rafting in Sabah are the Padas (grade 3) and Kiulu (grade 2) rivers. Peninsular Malaysia also has its share of good rafting spots. These include the Grade 2 Sungai Sungkai in Perak and the Grade 3 Selangor River in Kuala Kubu Baru. The Endau River, Jeram Besu and Lipis River in Pahang and the Tembeling River in Taman Negara are also popular rafting sites.

For more info visit www.visitormalaysia.com/adventure

Trekking

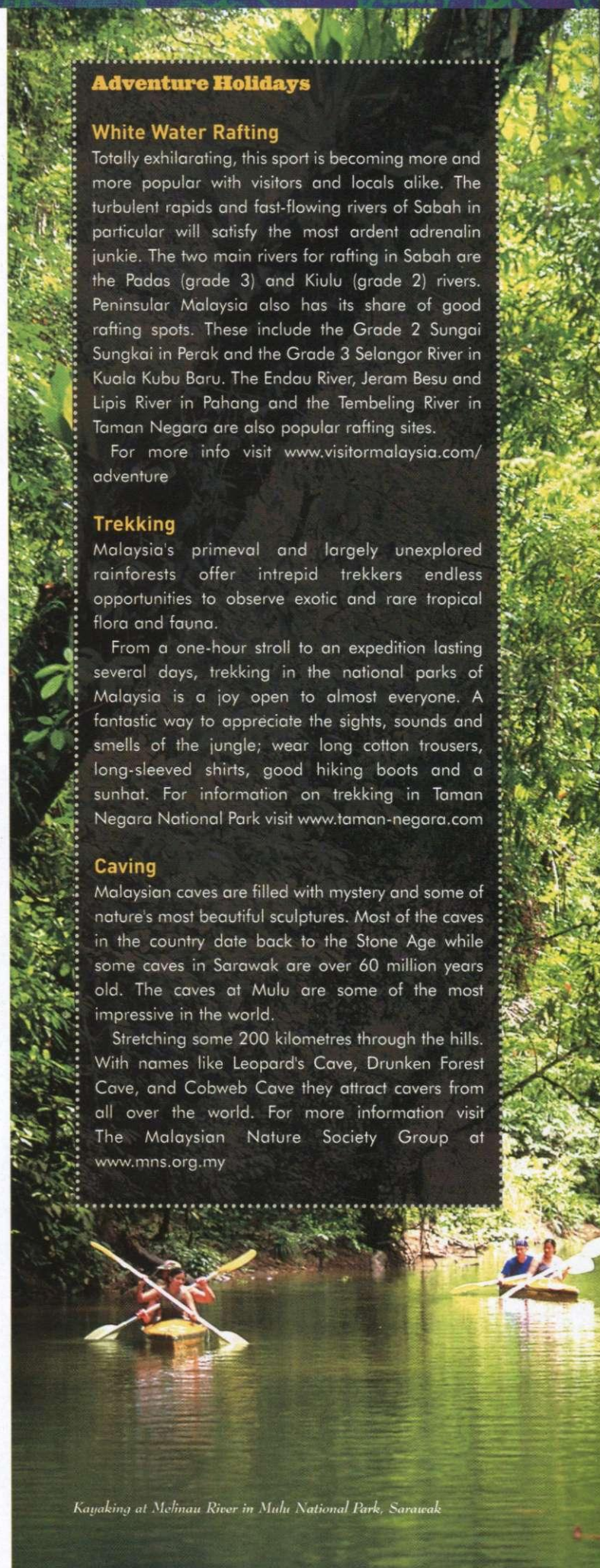
Malaysia's primeval and largely unexplored rainforests offer intrepid trekkers endless opportunities to observe exotic and rare tropical flora and fauna.

From a one-hour stroll to an expedition lasting several days, trekking in the national parks of Malaysia is a joy open to almost everyone. A fantastic way to appreciate the sights, sounds and smells of the jungle; wear long cotton trousers, long-sleeved shirts, good hiking boots and a sunhat. For information on trekking in Taman Negara National Park visit www.taman-negara.com

Caving

Malaysian caves are filled with mystery and some of nature's most beautiful sculptures. Most of the caves in the country date back to the Stone Age while some caves in Sarawak are over 60 million years old. The caves at Mulu are some of the most impressive in the world.

Stretching some 200 kilometres through the hills. With names like Leopard's Cave, Drunken Forest Cave, and Cobweb Cave they attract cavers from all over the world. For more information visit The Malaysian Nature Society Group at www.mns.org.my



Kayaking at Melinau River in Mulu National Park, Sarawak

SHOPPING, DINING & NIGHTLIFE



Shopping

SHOPPING in Malaysia is superb. Whether you prefer air-conditioned malls, or dusty antique shops, bustling night markets or local handicraft centres, there really is something for everyone. You can buy practically anything here, and the competitive exchange rate offers great value for money.

If you are a keen shopper, then a great time to visit Malaysia is during one of the thrice yearly Mega Sale Carnival months. This shopping extravaganza in Kuala Lumpur and city centres throughout the country offer fantastic discounts of up to 70% for the whole of the Mega Sale month. The Mega Sale Carnivals take place in March, August, and December. Call the Tourist Board for more details

020 7930 7932. This time is also used to showcase the traditional arts and handicrafts of the different Malaysian States.

• New & Old

Throughout Malaysia the new malls in the towns and cities offer more than just shopping. Suria KLCC in Kuala Lumpur is Malaysia's premier shopping destination and covers six floors at the base of the Petronas Towers. This is one-stop shopping at its best. As well as the hundreds of retail outlets, it has a large number of flagship stores (even M&S is here), a 13-screen cinema and two food courts seating 1,800 people. The huge skylight which stretches the length of the mall, gives the place an airy light feeling and makes it a pleasant place to shop, even if it is just the window kind. By contrast, the dusty old shops in Malacca

are an antique shopper's dream. Artifacts and authentic antiques are stuffed into the busy shops of Jalan Hang Jebat (formerly known as Jalan Jonkers Street) an area well known amongst international antique collectors. Amongst the streets and alleyways, one can still find 17th century houses, and fine examples of ancient architecture.

• Haggling

The bustling night markets (pasar malam) offer shopping of a different kind. Petaling Street in KL's Chinatown is probably the most famous one, although night markets spring up all over the country at dusk. Local families come here to buy food, clothes and household goods, visitors come for the local batiks and silks, imitation brand name clothes and watches, cheap CD's and computer games. Everyone comes to try the

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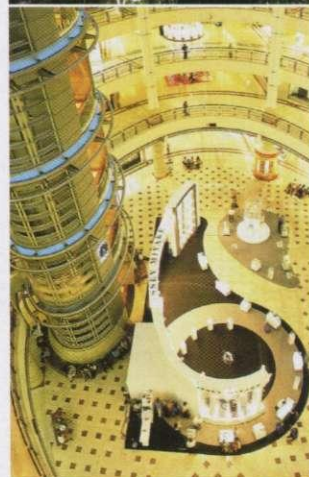
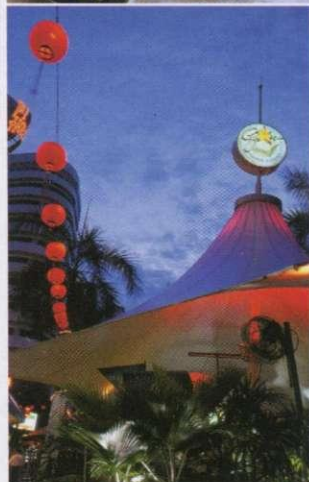
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A World of Difference





delicious food from the hawkers' stalls, and enjoy the colourful spectacle. The night market has been a fixture of Malaysian life for decades, and haggling is expected. Start at around 50% of the asking price and increase your offer by around 5% at each step.

● Local handicrafts

For authentic Malaysian products look out for Pewter goods, hand-painted brightly-coloured batik and silks, songket (beautiful silk fabric intricately woven with gold or silver thread), rattan, silverware from Kelantan state, painted pottery from Sarawak, and hand-made kites and spinning tops from the east coast.

Dining

EATING is a national pastime and favourite leisure activity for Malaysians. A gourmet's paradise, the dining experience is always high on the list of reasons to come to Malaysia. There is a vast variety of food available, and an amazing array of food outlets; from fast food to fine dining and everything in between. Local food alone offers Malay, Cantonese, Szechuan, Indian and Nyonya cuisine while international food covers the gamut from Japanese to Middle-Eastern, Italian and American.

In **Malay cooking**, the use of fresh herbs and spices make delicious and flavourful food. Chillies, garlic and ginger are endemic, and meat and seafood are often cooked in coconut milk to accompany

*Opposite
Duty free shopping at
Langkawi island
Top to Bottom
Malaysian food;
Bintang Walk;
shopping mall in KL;
village market in Sabah*

Nightlife

THERE is always something to do in the towns and cities of Malaysia at night. Apart from the night markets, food centres and restaurants, many towns have nightclubs, and nearly all have cinemas (Malay and Chinese films frequently have English subtitles and there are English-speaking films showing). The bigger towns also have discos, bowling alleys, theatres and cabarets. The ubiquitous karaoke lounge is very popular, and large video screens reflect the talents of aspiring singers. Discos are often held in large local hotels.

Although the country is largely muslim, alcohol is available. Pubs and al fresco bars in KL and Penang are open from late afternoon until midnight and often have

a 'Happy Hour' around 5pm. Bintang Walk in the centre of KL is one of the liveliest places to go. Pubs and discos at the KL Plaza offer plenty of options, and the new Planet Hollywood, usually features a live band.

From there more live music is available at the Regent Hotel, and karaoke in a converted bungalow down the street is good for a laugh. Clubbers will enjoy the Rock Net Disco, and non-clubbers will prefer the Century Hotel's cosy Long Bar and Café.

The local beers are Tiger and Anchor, and the legal drinking age is 21.

Traditional performances such as shadow theatre (wayang kulit) can be found on the quieter east coast.

rice; the mainstay of every meal. One of the most popular local dishes is Satay, which consists of meat, usually chicken, barbecued on small skewers with a sweet peanut dipping sauce and a salad of cucumber, onion and rice cakes. The best sauces often take several hours to attain their subtle flavour.

When the earliest Chinese immigrants settled in Malaysia and intermarried with local people, they developed their own culture and cuisine called **Nyonya**. Typical Nyonya food tends to be spicier than Malay cooking, but very tasty. Laksa is a popular dish, combining noodles into a spicy coconut soup served with seafood, beansprouts, lemon grass and pineapple.

Chinese food is milder, with less use of spices, but is no less delicious. Rice and noodles feature prominently, and the dishes reflect the many regional

methods of preparation available, including Cantonese, Szechuan and Taiwanese. **Indian food** is also very popular, with curries ranging from mild to very hot indeed. Northern and southern Indian food is well represented. Vegetarian food, chutneys and Indian breads are also available.

The whole dining out experience is rooted deep in the multi-racial culture of the country, whether it is at a roadside stall, food centre or restaurant. It is common to see Malay, Chinese and Indians tucking into a heap of steaming white rice and curry on a fresh banana leaf together. Food is relatively inexpensive, and the whole dining experience is a social opportunity. Ask for descriptions of the meals being offered and be brave. Malaysia is the place to be experimental with food.

Come and touch the sky!

Unusually enchancing view

At Menara Kuala Lumpur, it takes only 58 seconds for you to reach the Observation Deck where a picturesque sight of Kuala Lumpur awaits you. Another magnificent sight not to be missed is the dazzling "Muqarnas" design of the lift lobby.

At the Observation Deck, slip on a pair of headphones and get to know about famous sites in the city when you listen to the Audio Tour. Next, take a look at the Gallery. Or take the high speed lift down to the Tower Terrace where you can laze under the shade by day or gaze at the stars by night. See you at Menara Kuala Lumpur!



Historical Gallery at the Observation Deck



Cultural Events



Tower Terrace



rf



Muqarnas at the Lift Lobby



Towers of The World at the Observation Deck



Coffee Terrace



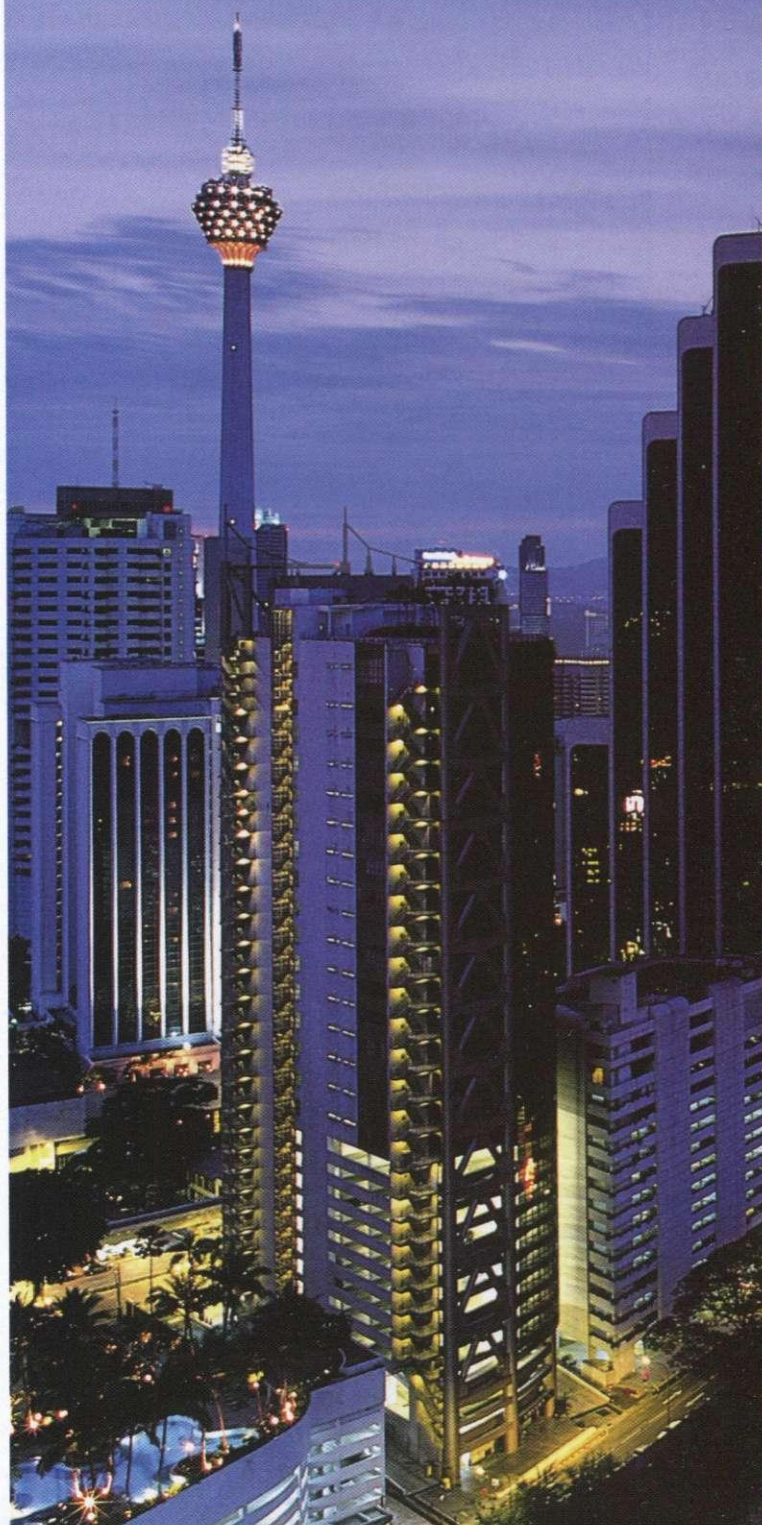
Audio Tour at the Observation Deck

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For more information, please contact:
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Tel: 603-2020 5448 Fax: 603-2034 2609
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Widely known as KL, this modern metropolis is one of the fastest developing cities in the world.

A BUZZ of excitement and an air of anticipation seems to greet visitors to KL, arrival point for most air travellers to Malaysia. A fast-growing modern metropolis, KL embraces its past and welcomes its future in equal measure. New skyscrapers, shopping malls and high-tech transport systems jostle for space amongst the colonial buildings, Asian shops, colourful hawkers stalls and marketplaces which have been here for years, forming an intriguing mix of old and new.

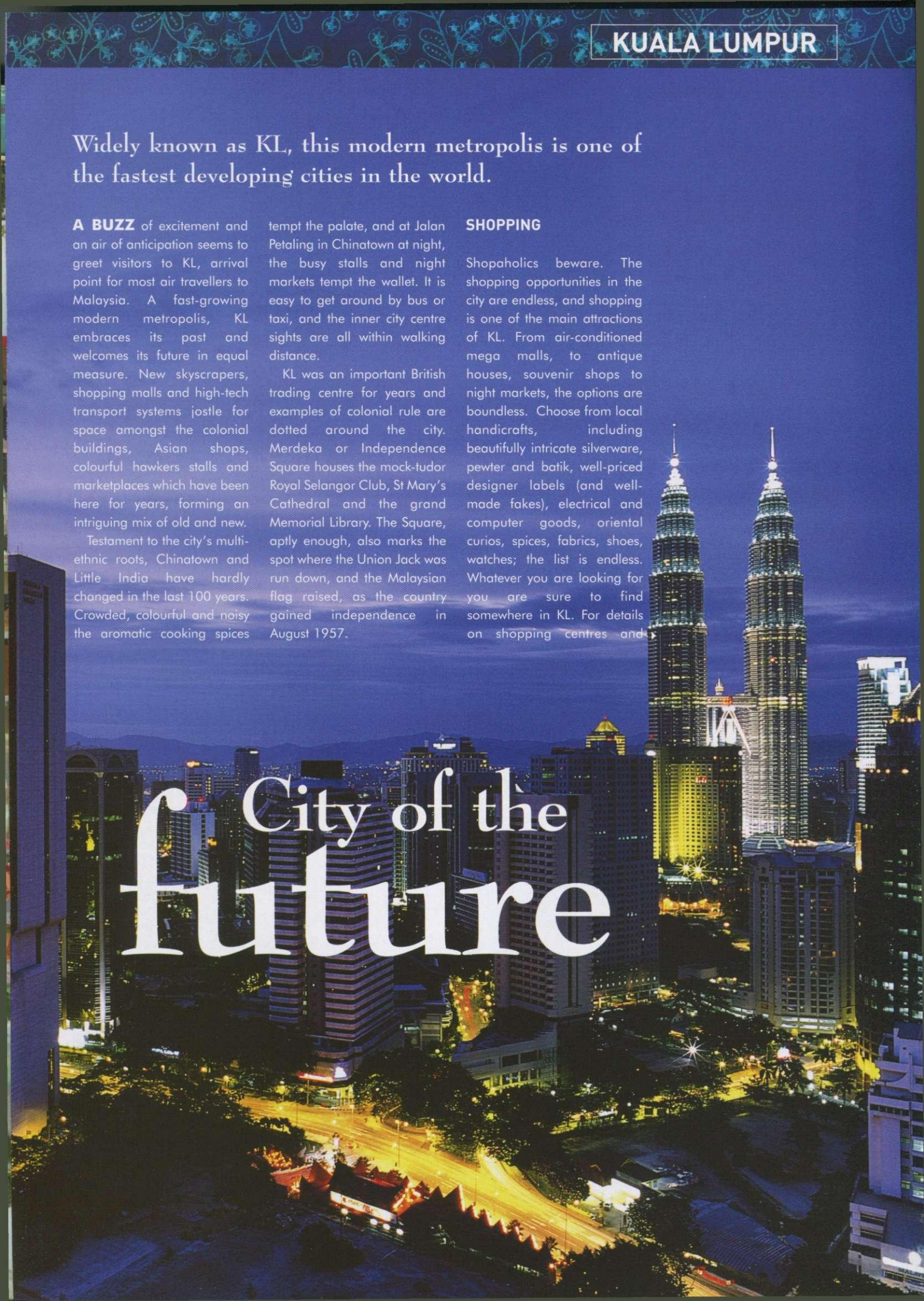
Testament to the city's multi-ethnic roots, Chinatown and Little India have hardly changed in the last 100 years. Crowded, colourful and noisy the aromatic cooking spices

tempt the palate, and at Jalan Petaling in Chinatown at night, the busy stalls and night markets tempt the wallet. It is easy to get around by bus or taxi, and the inner city centre sights are all within walking distance.

KL was an important British trading centre for years and examples of colonial rule are dotted around the city. Merdeka or Independence Square houses the mock-tudor Royal Selangor Club, St Mary's Cathedral and the grand Memorial Library. The Square, aptly enough, also marks the spot where the Union Jack was run down, and the Malaysian flag raised, as the country gained independence in August 1957.

SHOPPING

Shopaholics beware. The shopping opportunities in the city are endless, and shopping is one of the main attractions of KL. From air-conditioned mega malls, to antique houses, souvenir shops to night markets, the options are boundless. Choose from local handicrafts, including beautifully intricate silverware, pewter and batik, well-priced designer labels (and well-made fakes), electrical and computer goods, oriental curios, spices, fabrics, shoes, watches; the list is endless. Whatever you are looking for you are sure to find somewhere in KL. For details on shopping centres and

An aerial night photograph of Kuala Lumpur, Malaysia. The Petronas Twin Towers are the most prominent feature, illuminated with blue and white lights. The city is a dense collection of skyscrapers and buildings, with lights reflecting off the streets and creating a vibrant urban scene. The foreground shows some lower-level buildings and a road with light trails from traffic.

City of the
future

KUALA LUMPUR

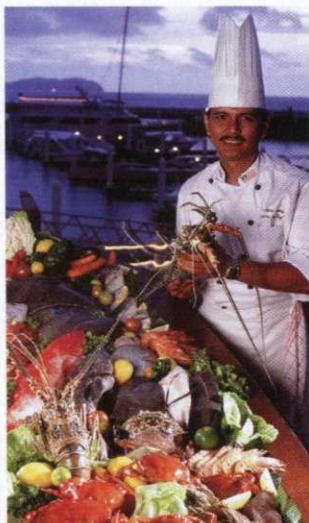
markets call the Malaysia Tourist Board: 020 7930 7932 see www.malaysiatrulyasia.co.uk or visit www.kuala-lumpur.ws

DINING

Dining is a pleasure all over Malaysia, but the sheer choice in KL is quite spectacular. Here, all of Asia has converged, gastronomically speaking, to offer the best of each region, and more besides. The three main types of food are Malay, Chinese, and Indian fusion, although the mix of cultures has produced some delicious fusion cooking (try Nonya, a deliciously spicy mix of Chinese and Malay, only found in Malaysia).

There really are hundreds of local and international restaurants, and the standards are extremely high. Malaysians take their food very seriously. Food stalls at night markets offer particularly good value, and you can spot the best stalls by the crowds. Don't go away without sampling local dishes like satay (meat served on skewers with a sweet peanut sauce) or Nasi Goreng (Fried Rice with meat, prawns, egg and vegetables) straight from the wok.

Tantalizing meat-free dishes can be found in Buddhist vegetarian restaurants or in South Indian banana-leaf cafes. Instead of plates and cutlery, you will be served your food on a banana leaf; but don't forget



to use your right hand to eat.

For recommended restaurants in KL visit www.kuala-lumpur.ws

Another of KL's great dining venues is the chic revolving restaurant atop the Manara Kuala Lumpur Tower. It is reached by an exhilarating 58-second ride to the observation deck.

WEATHER

About halfway down the west coast, and 35km inland, KL has a warm, sometimes sticky, temperature all year round. Afternoon thunderstorms are gone as quickly as they come leaving pleasantly cooler evenings.

See www.wunderground.com for latest weather.

Date for your Diary

● 2 - 5 OCTOBER.

KL International Showjumping Grand Prix. 25 top ranking world riders compete for the trophy at Selangor. www.asiapromote.net

● MARCH 2004.

The fourth Formula 1 Petronas Malaysia Grand Prix will be staged at Kuala Lumpur's Sepang Circuit in March 2004.

*Top to Bottom
Malaysian food;
Formula One Grand
Prix at Sepang
Circuit; Chinatown
at Petaling Street*

5 Things to See

- 1 MERDEKA (INDEPENDENCE) SQUARE**, where colonial past meets independent present.
- 2 LITTLE INDIA & CHINATOWN**. The ethnic heart of the city, great food and shopping too.
- 3 PETRONAS TWIN TOWERS**, currently the world's tallest buildings, and a symbol of the growth of Malaysia as it continues into the 21st century.
- 4 SEPANG F1 CIRCUIT** – just outside KL, the Sepang Circuit once again hosts the prestigious F1 Grand Prix. The circuit also organises advanced driving classes, corporate and family days. See www.malaysiangp.com.my
- 5 THE BATU CAVES**. Impressively large limestone caves decorated with Hindu shrines just 20 minutes from the city.

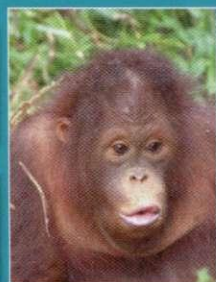
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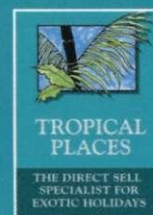
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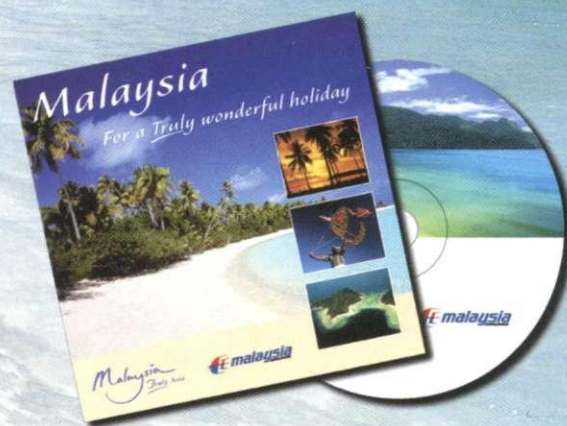


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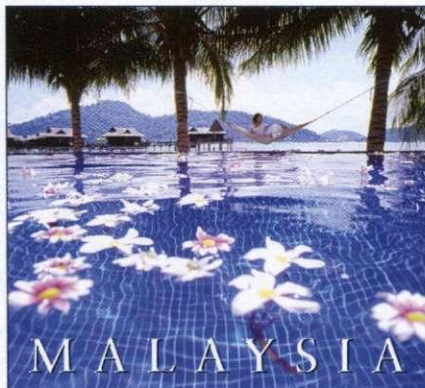
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Top A stairway to history

Below The last remains of the 1670 Portuguese fortress

Top Right The Christ Church



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Keeper of Malaysia's Cultural Heritage

Once a thriving port and trading centre for silks and spices, the old town of Malacca (or Melaka) dates back to the early 15th century.

YOU can almost breathe the history here. Wherever you look there are old, very old and ancient buildings. Colonised through the ages by the Portuguese, Dutch and British in turn, the streets reflect the different eras in the well-preserved architecture and crumbling ruins that you come across wherever you happen to wander. Colourful Chinese lanterns, elaborately carved wood and intricate paintings decorate many of the buildings. Malacca is an easy town to visit. No bother to get around on foot, but take a trishaw ride and you will get a fascinating guided tour of the city highlights – as well as saving aching legs. Across the river from the historical centre, Chinatown has a great selection of old shops, restaurants and hotels.

Just two hours by road from Kuala Lumpur, or three hours from Singapore, Malacca is perfect for a day trip from the capital. For those particularly interested in history and culture, a longer stay is recommended.

www.melaka.net

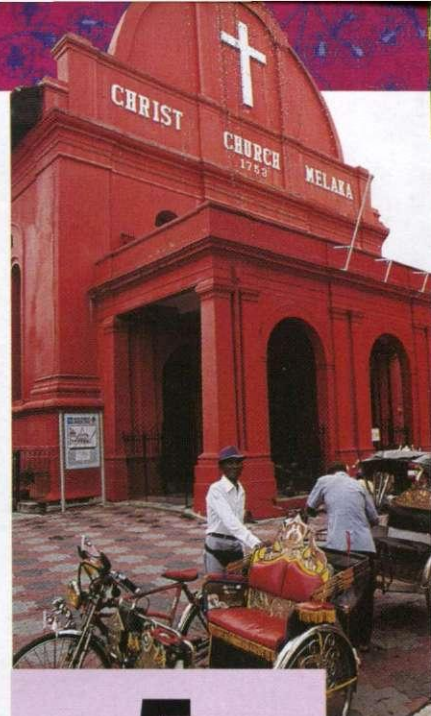
www.melaka.gov.my



Date for your Diary

**27 OCTOBER – 25 NOVEMBER BAZAAR
RAMADHAN.**

Month long night street bazaar with lights and decorations and stalls selling just about everything.



5 Things to See & Do

1 A FAMOSA FORT. A lone gateway, the Porto de Santiago, is all that remains of the Portuguese fortress built in 1511 to repel invaders.

2 STADTHUYS. A fine example of Dutch architecture, this building housed the administration of the Dutch Governors when they ruled Malacca in the 16th century.

3 THE CULTURAL MUSEUM. An impressive wooden reconstruction of the 15th century palace of the Sultan of Malacca. Exhibits traditional aspects of Malay culture.

4 ST PAUL'S CHURCH. Built in 1521 and now in ruins this hill-top church, has a great location looking out to the river and sea beyond.

5 JALAN HANG JEBAT (formerly Jonkers Street) Hundreds of crafts, antiques and souvenir shops cluster along this colourful street in the centre of Malacca.

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Spa at Pangkor Laut Resort

The Perfect Get Away-from-it-all Islands

JUST off the north west coast, the small and charming island of Pangkor in Perak has some of the best beaches in the country.

The sandy coves are perfect for sun bathing, whilst the crystal clear seas make snorkelling and diving a joy. Serene and peaceful, Pangkor is the perfect get way-from-it-all break.

Beautiful beaches surround the west coast of the island, with holiday hotels hugging its pristine shoreline. Relaxation is almost obligatory; however, if you can summon up a little energy, hire a bike, and visit the local fishing villages which dot the east coast of the island.

Pangkor has a jungly interior, and a cool forest walk through the shady interior makes a pleasant change from the sun-soaked beach. Lumut, on the mainland is just three hours drive north from KL, and jumping off point for Pangkor. The ferry crossing takes around 45 minutes. Alternatively, the small island airport has daily flights from KL and Singapore.

Voted one of the best island destinations in the world, the tiny Pangkor Laut lies just off the south west coast of Pangkor, and is even more secluded and romantic. Privately owned by the luxurious Pangkor Laut Resort, it is open to the public for day trips. Don't miss beautiful Emerald Bay.

www.pangkorlautresort.com

5 Things to See & Do

- 1** HIRE A BICYCLE and visit the deserted beaches and small fishing villages around the coast.
- 2** TAKE A GUIDED RAINFOREST TOUR into the island's jungly interior.
- 3** VISIT THE DUTCH FORT, an old look-out from days gone-by.
- 4** VISIT EMERALD BAY on Pangkor Laut, one of the most beautiful bays in the country.
- 5** SNORKELLING & DIVING are particularly good off Teluk Nipah beach.

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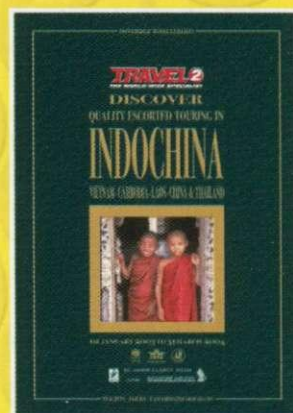
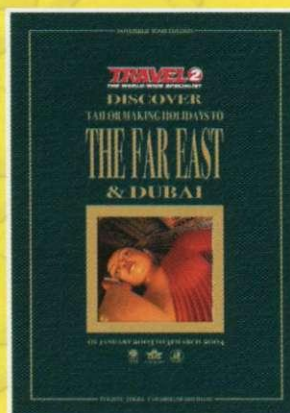
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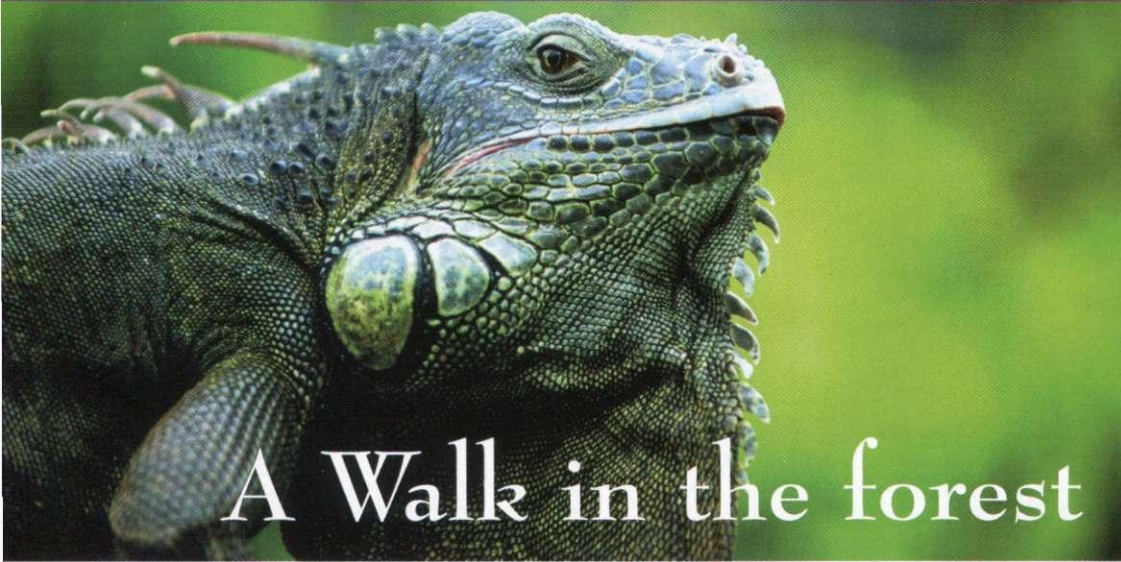
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A Walk in the forest

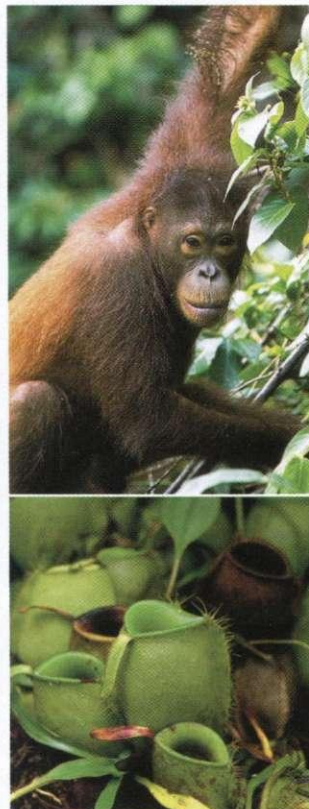
Malaysia's forests are amongst the oldest in the world, and under their leafy green canopies the profusion and diversity of flowers, birds, ferns and insects defy description.

HERE visitors can see gigantic trees, huge mountains, caves, rivers, waterfalls, insects and butterflies and a myriad of creatures seen only on TV documentaries. In both Sabah and Sarawak on Borneo, and throughout the Peninsular, Malaysia's breath-taking natural attractions are being carefully protected, greatly helped by the development of 19 National Parks. These have helped to ensure the long-term conservation and continuing rich biodiversity of plant, insect and animal life.

These endlessly varied environments shelter a host of the world's rarest and most remarkable animals: the Sumatran Rhinoceros, the Clouded Leopard and Malaysian Tiger, the Sun Bear, the Monitor Lizard, and the Orang Utan, or "man of the forest," can all be spotted here.

The chance to visit just one of these natural treasures whilst in Malaysia should really not be missed. The experience is a treat for the senses. Not just the things that you can see, but the things that you hear; the bird song, the shrieks of the monkeys at play, the wind in the trees. The scent of the forest is enticing too.

You don't have to be superfit to appreciate the vast natural beauty on show. There are plenty of easy forest walks. Fishing, birdwatching and photography are all rewarding pursuits in the tropical jungle habitat. If you are seeking a little more adventure, jungle treks, caving, climbing and white-water rafting are available.



TAMAN NEGARA

Awesome Taman Negara is Malaysia's largest and most popular park and covers a huge area in the centre of Peninsula Malaysia. Home to forests more than 130 million years old, the park is accessible to the weekend walker and jungle trekker alike. There are even some charming wooden chalets located deep inside the park. Guided walks and treks of different lengths are available. There is a well-marked network of jungle trails, and expert guides will point out some of the amazing varieties of plants, insects and animals that live here.

For an insight into high-rise living jungle-style try the Canopy Walkway, a suspension bridge of ropes and wood which hangs, scenically, some 40 metres off the ground. Night in the forest brings a completely new set of experiences. Stay in a night hide to view the nocturnal antics of the creatures at the nearby salt-lick and listen to the sounds of the jungle at night.

*Above
Iguana
Top to Bottom
Orang Utan at Sepilok Sanctuary,
Sabah; pitcher plants*

Within the park is Peninsula Malaysia's highest mountain, Gunung Tahan (2,187 metres) which attracts climbers from all over the world.

Park HQ is at Kuala Tahan, and reached by three-hour boat trip or 45-minute speedboat from Kuala Tembeling. Here there is a range of accommodation. Visitor lodges and chalets also provide peaceful and relaxing accommodation inside the Park.

For more info see

www.taman-negara.com

For a list of other parks to visit on Peninsular Malaysia and Malaysian Borneo see

www.malaysiaatrulyasia.co.uk

www.wildlife.gov.my

5 Things to See & Do

- 1** A NIGHT JUNGLE WALK in Taman Negara for a truly unique experience.
- 2** RAPID RAFTING on the Tembeling River in Taman Negara national park
- 3** Visit the incredible SEPILOK SANCTUARY for a close encounter with the gentle Orang Utans and a chance sighting of the rare Sumatran Rhino
- 4** CLIMB GUNUNG TAHAN Peninsula Malaysia's highest mountain
- 5** Visit the many INDIGENOUS GROUPS of Sarawak who have made their home in the national parks

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Date for your Diary

● MAY 2004 - TELOM DESCENT.

The Malaysian state of Pahang is the home of one of the world's wildest down river races. Held in May every year, the Telom Descent is an international level two-day time trial spanning a distance of 54km. The first leg offers a roller coaster ride through raging rapids, starting in the Cameron Highlands. This is a great spectator sport. For more details contact:

Pahang State Development Corporation

Tel : 0060 (0)9-513 5566

Fax : 0060 (0)9-513 0510

5 Things to See & Do

- 1 VISIT THE KEA FARM market for a chance to buy local produce
- 2 WALK THE GUNUNG JASAR trail to its peak in a trip that will journey through incredible natural environment
- 3 VISIT THE BOH TEA PLANTATION — one of the most impressive plantations of the area.
- 4 VISIT THE BUTTERFLY GARDENS of Kea Farm House
- 5 WALK THE MANY TRAILS that mark the beautiful landscape.

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Malaysia's Hill Stations

GENTLE hills and dramatic peaks disappear into the mist to create a cool mountain escape, a lush green tropical retreat filled with forest pines and ferns, leafy tea plantations and tropical flowers.

For those seeking a cool escape from the beach, Malaysia has several hill resorts dotted up through the mountains.

The most popular hill station, especially with the British, is the Cameron Highlands. Much of the character of the Cameron Highlands has remained unchanged since colonial times, when ex-pats came here in the summer months to take advantage of the cooler air. The hills are more than 1400metres above sea level, and the temperature rarely gets above 20 degrees during the day. (It is much cooler at night, so take warm clothes for the evenings). The air of English gentility is recreated in the flower nurseries and rose gardens, and the mock-Tudor inns, decorated Laura Ashley-style, serving afternoon tea, strawberries and cream.

Best known for its tea plantations, which cover acres of slopes in hilly green formations, holidaymakers can visit the Boh Tea Plantation. The area is also rapidly becoming a leading exporter of cut flowers.

Jungle trekking and bird watching are popular here. You can choose from up to 14 different trails, depending on your fitness and ability and, once the mists have cleared, the views are superb. There are also several local mountains to climb. Around three hours and 30 minutes by steep and winding road from KL, the hill station has lots to offer, and is ideal as part of a multi-centre stopover between KL and Penang.

FRASERS HILL

A tranquil green retreat, often

surrounded by mist in the early morning, Fraser's Hill also has a British Colonial past. The cool mountain air, its abundance of luxuriant vegetation, and its peace and tranquility make it a very pleasant day trip from KL. Come here to walk in the fresh forests, or just to rest and relax beside the beautiful lake. A haven for migratory birds, Fraser's Hill is a favourite destination for birdwatchers, and the 18-hole golf course attracts players from all over the world. There are also riding stables and flower nurseries in the area. A range of accommodation is available.

Visit www.fascinatingmalaysia.com/pahang.

Useful Websites:

www.cameronhighlands.com

www.cameronhighlands.com



Top Tea plantation

Below A Native Orang Asli

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www.plantationresorts.com.my

For reservations, please contact:

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2nd Floor, Balai Felda, Jalan Gurney 1, 54000 Kuala Lumpur, Malaysia.

Tel: +603-2698 7772 Fax: +603-2693 5104 Email: fasresorts@felda.net.my

Legendary Langkawi, Malaysia's Premier Beach Resort



The largest in an archipelago of 99 jewel-like islands in the Andaman Sea, magical Langkawi has an ethereal quality.

THE island's emerald green hills rise out of shimmering, crystal waters, and the sleepy island remains as it has done for hundreds of thousands of years. It is only when you look closer that you can see the luxury hotels dotted around its white sandy beaches, the watersports enthusiasts enjoying the islands' unbelievably clear sea, coves, inlets and lagoons, and the snorkellers and divers marvelling at the colourful underwater fish and corals. Leisurely boat cruises, lazy lunches on deserted beaches, and meandering beach walks or

jungle trails all perpetuate the dream-like quality that a holiday in Langkawi seems to induce.

Perhaps it is the age of the place. The islands of the Langkawi archipelago are some 500 million years old, and have always been shrouded in stories and legends. The islands' stunning natural beauty seems to invite tales of romance, tragedy and adventure. Whichever natural attraction you visit on the island, there is likely to be a story attached to it - according to legend the hot springs at Kampong Air Hangat originated after two families

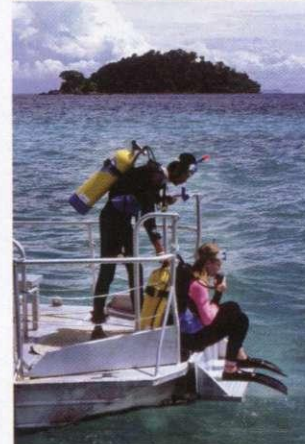
quarrelled during a wedding celebration. During the heated argument a jug of hot water was thrown on the ground, and the hot water seeped into the earth, thus creating the hot springs.

SHOPPING

Langkawi's status as a duty-free port provides another attractive reason to come to the island. Visit the newly developed Oriental Village, which is beautifully planned and has more than 30 outlets, including local handicraft shops and designer boutiques. When you get tired of the shopping, take the Langkawi Cable Car up from the village for panoramic views over the islands and the Andaman Sea. Check out www.langkawi-online.com for an idea of what to put on the shopping list.

DIVING

Spectacular diving opportunities abound here. Particularly popular with divers, the nearby uninhabited islands of Payar, Sengatang, Kaca and Lembu fall into one of Malaysia's top five marine parks. You can arrange a trip from Langkawi, where there are a number of dive centres. (email scubalink@langkawi-online.com) A unique highlight at Pulau Payar is the presence of up to 20 black tip sharks. Pulau Kaca is good for easy shallow



Top A traditional Malay house
Below Scuba diving
Opposite Page A Langkawi Village

wreck diving where dozens of sunken trawlers play host to a huge variety of underwater life. Sengatang features steep rocky terrain plunging 20 metres into the sea. Nurse sharks, barracudas, lobsters and moray eels are common here.

GETTING THERE

Perfect for holidays year-round Langkawi tends to escape the monsoons that sometimes affect the rest of the west coast. Fly to Langkawi from KL, on one of the five daily flights, taking around 55 minutes, or from Penang, which would make a good a multi-centre holiday.

www.langkawi-online.com
www.langkawi.com.my
www.langkawi.ws

5 Things to See & Do

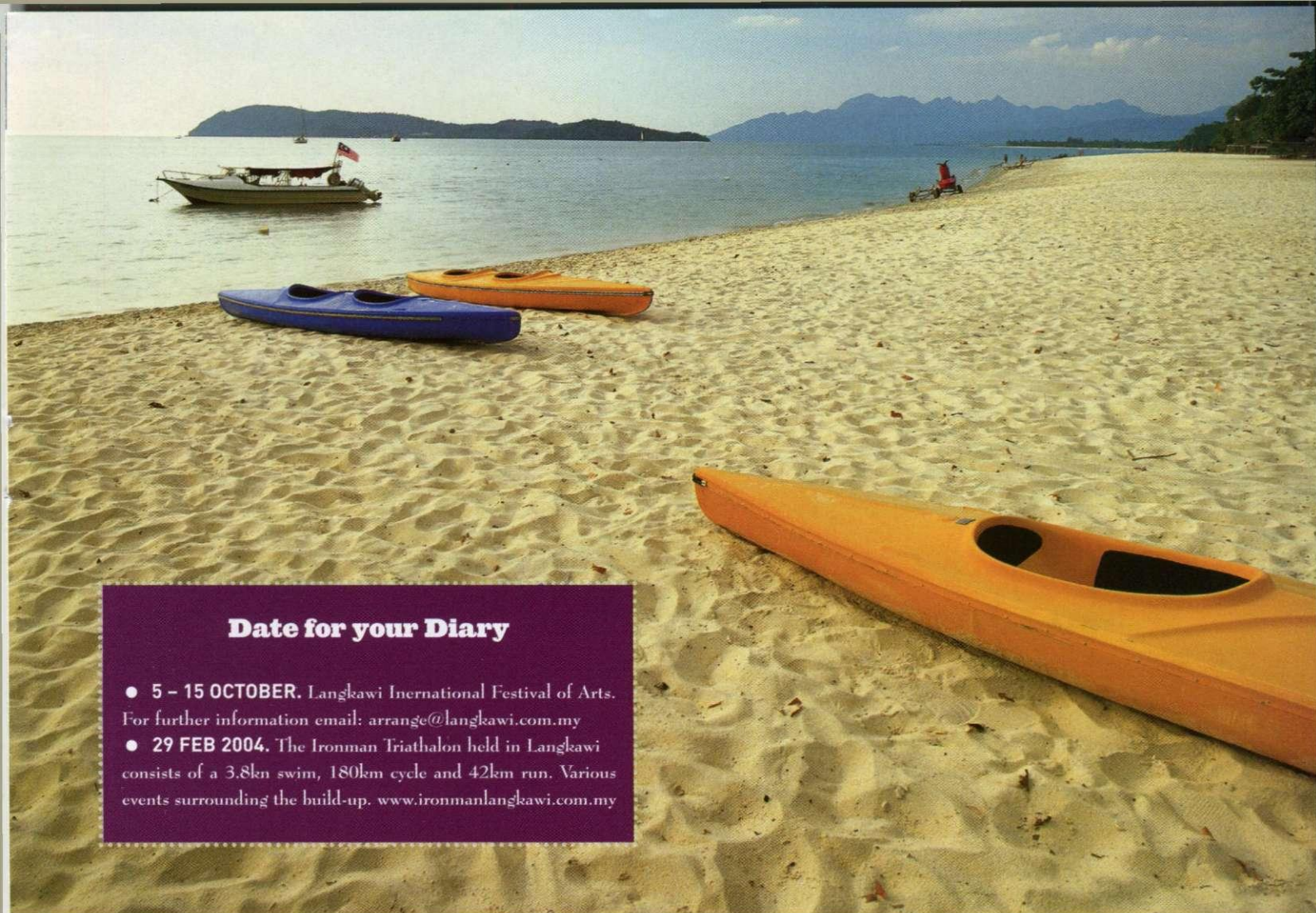
- 1 AN ISLAND CRUISE**, especially to Pulau Payar, which is good for non-swimmers (glass bottom boats, underwater observatory) and experienced divers.
- 2 THE SUMMER PALACE**. Constructed in 1999 for the movie *Anna and the King* starring Jodie Foster, this is an authentic wooden reconstruction of a Thai palace. There is a restaurant and shop on the pleasantly landscaped site too.
- 3 A JUNGLE TREK**. The legendary Seven Wells is a must see. The cascading pools are made for waterslides, and the tropical forest is a perfect picnic spot.
- 4 UNDERWATER WORLD**. This giant aquarium on Langkawi is one of the largest in Asia with over 5,000 varieties of marine life.
- 5 WATERFALLS** There's plenty of water on the islands too. Visit waterfalls and hot springs and take a mangrove swamp tour.

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Date for your Diary

- **5 - 15 OCTOBER.** Langkawi International Festival of Arts. For further information email: arrange@langkawi.com.my
- **29 FEB 2004.** The Ironman Triathlon held in Langkawi consists of a 3.8km swim, 180km cycle and 42km run. Various events surrounding the build-up. www.ironmanlangkawi.com.my

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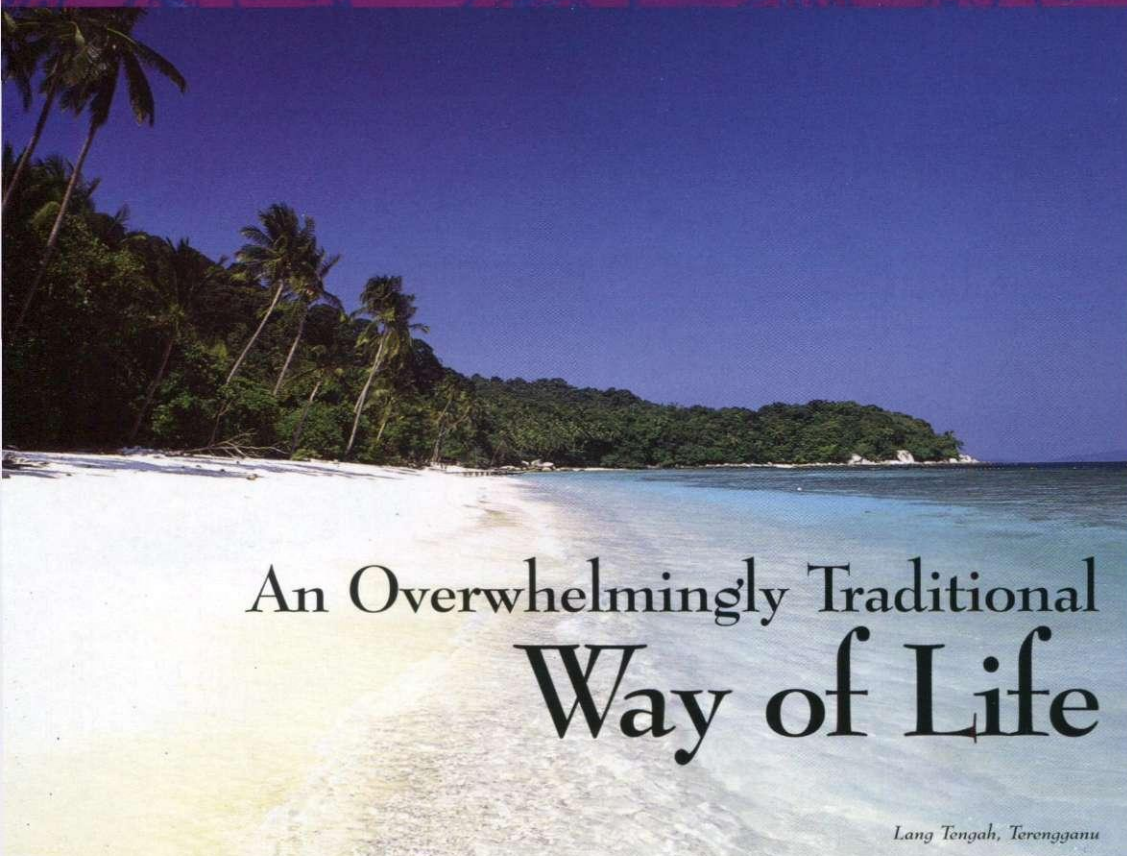
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An Overwhelmingly Traditional Way of Life

Lang Tengah, Terengganu

The east coast of Malaysia is an undiscovered delight.

26

Malaysia Guide 2003

THE peaceful atmosphere and gentle beauty of the area weaves its way down from Thailand to Singapore in what, geographically speaking is one huge beach backed by jungle. In reality the states, towns and villages along the coast all have their own separate identity and continue to live a surprisingly undeveloped and overwhelmingly traditional Malaysian way of life. Time seems to pass more slowly here, as if by flying across from west to east you have somehow changed down a gear.

From Khota Bahru in the north through Terengganu to Kuantan in the south, the three towns have an unhurried charm. Take time out to see the traditional pastimes of the area such as kite flying, top spinning, shadow-puppet shows and bird-singing competitions, things that you won't come across anywhere else. Demonstrations by master craftsmen show handicrafts such as batik, woodcarving and songket weaving. Fascinating to

watch and great value for money to buy too.

The east coast is ideal for a fly/drive holiday. The main roads are very good and well signposted in both Malaysian and English. But set your own pace. Explore little lanes leading to paddy and tobacco fields, and meander up winding roads that lead through green leafy forests and hide whimsical waterfalls. If you get lost there will always be someone with a smile to point you in the right direction.

BEACHES & ISLANDS

Bordering the warm waters of the South China Sea, the east coast has gorgeous sun-drenched beaches, and crystal clear sea; home to colourful, undamaged corals, masses of marine life, and even the odd shipwreck. This is one of the few places in the world where turtles still come to lay their eggs. Scattered just off the coast are some of the world's most

beautiful tropical islands.

Legend says that Tioman is a princess turned to stone, and this beautiful island, with its miles of white sandy beaches, coconut palms and tropical forest interior is a great place to be treated like royalty. Redang Island and its surrounding waters have been declared a National Marine Park, and the diving here is quite amazing. The simple pleasures of the Perhentian Islands further up the coast are an escapist's dream.

GETTING THERE

Fly from KL to Khota Bahru, Kuala Terengganu or Kuantan with Malaysian Airlines who have flights up to five times a day, taking from 40 – 50 minutes. www.malaysia-airlines.com/uk.

Flights also operate to Redang from KL and to Tioman from both KL and Singapore.

www.terengganu.gov.my
www.perhentianisland.com.my
www.tioman.com.my
www.redangisland.com

5 Things to See & Do



1 WATCH TURTLES lay their eggs on the beach. Giant Leatherback Turtles lay their precious eggs at Rantau Abang south of Kuala Terengganu between May to September, and Green Turtles struggle ashore on Chendor beach 35km north of Kuantan between July and September. Both areas are carefully monitored.

2 BIKING. The flat coastal roads offer not only great scenery, but are also excellent for cycling. Take in the sights at your own time, stopping by at the various fishing villages along the way.

3 CHECK OUT THE CRAFT CENTRES. Catering to all sorts of interests, you can watch, and in some cases study with, the craftspeople. Traditional boat-building at Pulau Duyung in Kuala Terengganu is also fascinating to see.

4 WATERSPORTS of every description are available from the holiday resorts along the coast, particularly at Cherating, Kuantan and Telek Chempedek.

5 DIVING AND SNORKELLING from the offshore islands. Blessed with some of the finest dive sites in Malaysia, if not the world, it would be a shame not to experience this amazing underwater world at least once. Best between the months of March and September.

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MUTIARA BURAU BAY



MUTIARA JOHOR BAHRU



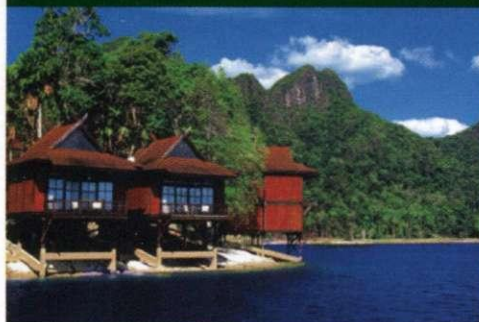
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A Malaysia in Miniature

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Well-known for its fine beaches, historical buildings, food and shopping opportunities, Penang has long been a favourite holiday destination for discerning visitors. Often called a Malaysia in miniature, the island is also known as the Pearl of the Orient.

Date for your Diary

• 21 SEPTEMBER

Penang Lantern Festival. Chinese celebration marking a successful rebellion against the Mongol rulers in 14th century China. Latern cakes and procession are held in Georgetown.



LINED with casuarina trees, the sandy beaches of Batu Ferringhi sweep along the north east coast of this tropical island. The long stretches of sand are perfect for sun-bathing and great for watersports of all kinds. If you haven't tried before, this is the place to have a go at parascending, waterski-ing or catamaran sailing.

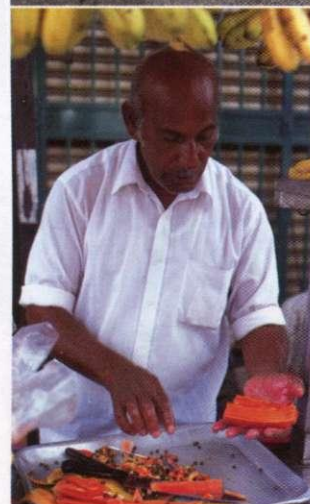
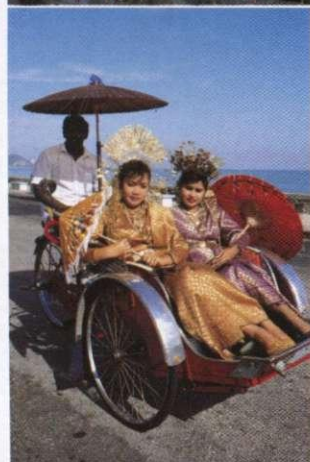
The area also has plenty to offer in the way of delicious food. Many hotels have room only accommodation so that you can take advantage of the local restaurants, food stalls and night markets in the area. Balmy evenings

give way to tropical nights, perfect for eating out under the stars.

Teluk Bahang further along the coast has an interesting Forest Recreation Park, with various specimens of Penang's exotic flora and fauna. And along the north west coastline the scene is much quieter. For those prepared to hike through the jungle paths that provide the only access to the powder white undiscovered beaches, they are well worth the effort.

The capital Georgetown is distinctly oriental in flavour and a busy contrast to the beautiful sandy beaches and

relaxed resorts that lay just around the corner. The compact city is a joy to explore, and a trishaw ride will cover the highlights of the city in true Asian style. British influence was strong here, the island was the first foothold in the Far East for the British East India Company, and evidence of the island's colonial past is apparent in the old buildings dotted around the centre. The many old Asian shops and buildings give the city a strong Chinese feel. The city is a delight to wander round; there is always something interesting going on.



Getting to Penang is easy. The island is situated just off the west coast of Malaysia and linked to the mainland by a 13.5km long Penang Bridge, which has rail and road connections from Butterworth. Scheduled flights are available direct from the UK to Penang Airport in the south of the island. There are several daily flights from Kuala Lumpur, taking around 40 minutes.

From the end of October, two flights per week will fly direct to Penang from Heathrow with MAS.

SHOPPING AND DINING

Second only in size to KL, Georgetown in Penang offers a similar range of fantastic shopping and dining opportunities. The KOMTAR centre, a 65-storey landmark in the centre of Georgetown offers five levels of air-conditioned malls, including opportunities for duty-free shopping. Gurney Plaza, one of the newest leisure developments, is located along the seafront at Gurney Drive, and is a pleasant place to spend a few hours.

SHOPPING TIP

The larger one-stop shopping centres stick to fixed prices, but if you are looking for something more unusual, night markets and smaller outlets usually practice bargaining. Offer roughly about 40% of the asking price, and increase your offer by around 5% each time. It

is a good idea to decide how much you are willing to pay for something before you start, and not go above that price.

HERITAGE

Penang's architecture reflects the varied influences of the many races and cultures that have lived together in the state. The old city still has more than 12,000 pre-war buildings still standing.

The Penang Heritage Trust organises Heritage Trail Tours which takes visitors on a walk around the 'old city' of Penang explaining the history and stories of the heritage sites.

Among the many heritage sites are the Khoo Kongsi temple and museum on Armenian Street, the Hindu Mahamariamman Temple started in 1801 on Queen Street in Little India and the Syed

Alatas Mansion, also on Armenian Street.

PEOPLE & CULTURE

As well as their architecture, all of Penang's many cultures have also brought their culture, beliefs and customs with them.

Before the arrival of the British and the creation of the trading port, the Malays were in Penang – mostly as fishermen – and still today visitors can see hints of this lifestyle in places like Kampung Batu Uban and Pulau Aman. As Penang began to develop, Muslim traders came from Sumatra, India and the Middle East. They integrated into Malay



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Top to Bottom
Kek Lok Si Temple; a
leisurely way to travel;
Little India fruit
seller; Cheong Fatt
Tze mansion
Opposite Page
Golden Bay in
Georgetown



Eastern Oriental Hotel, Penang

5 Things to See

- 1 THE GARAGE.** Exquisitely refurbished art deco garage now a funky shopping mall in Georgetown. www.exoticpenang.com.my
- 2 BOTANICAL GARDENS & BUTTERFLY FARM,** ideal for nature lovers, and a breath of fresh air ten minutes from Georgetown.
- 3 KEK LOK SI.** This Buddhist temple is one of the finest in the country, and has a fairy tale like quality.
- 4 PENANG HILL.** Take the funicular up to Penang Hill rising 830 metres above Georgetown and enjoy the stunning views, especially at dusk.
- 5 SNAKE TEMPLE.** Poisonous green snakes guard this temple to honour the Chinese healer Chor Soo King.



society and this led to the emergence of cross-cultures.

Through all this, the rich culture of the Malays has remained unspoilt and unchanged. This can be seen in the Bangsawan (Malay theatre), Boria (Malay chorus) and graceful Malay dances.

As Penang grew, many non-Muslim settlers came, particularly Chinese immigrants from South China. Despite the passing of the generations, many of the traditional Chinese celebrations and customs are still being



observed, especially at Chinese New Year.

Then came the Tamils, Sikhs, Gujaratis, Punjabis and Sindhis from India most of whom were Hindus. The Indian community too has many traditional festivals including Deepavalli, the Festival of Lights.

But, and this is the great thing for visitors, most people in Penang speak English!

www.penang.biz
www.exoticpenang.com.my
www.penang-hotels.com
www.penang.ws

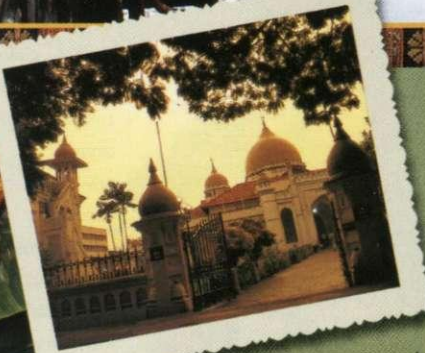
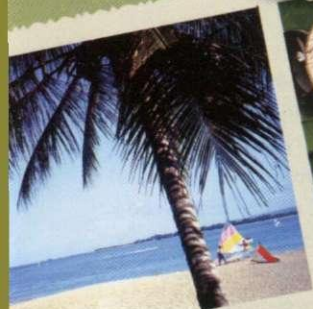
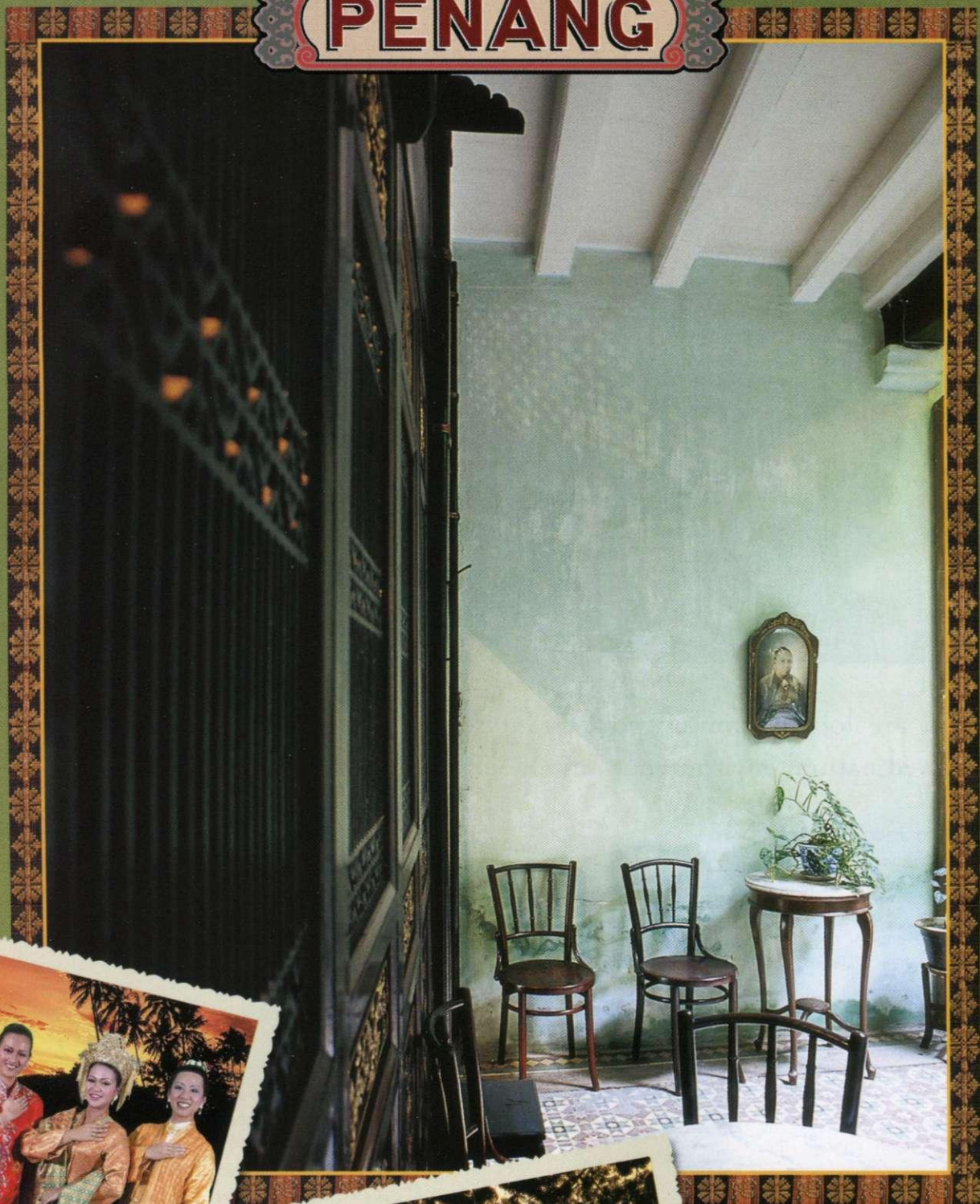
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COME HOME TO
PENANG



Come Home to Penang

In the early years of British rule, immigrant races like the Chinese, Indians, Thais, Burmese and Achinese made Penang their permanent home. These people, together with the local Malays, have given Penang a potpourri of cultures and cross-cultures. Apart from Malay, Chinese and Indian cultures, Penang is also home to unique cross cultures of the Babas and Nyonyas, Mamaks, Peranakan Jawi and Eurasians. Come home to Penang where the heritage trails begin, the food is irresistible, the people are friendly and the festivals and celebrations are never-ending!

We call it home. You'll call it paradise.

For further information:
Penang Tourism Action Council
Level 56, KOMTAR, 10000 Pulau Pinang.
Tel: 604-262 0202 Fax: 604-263 1020 Email: enquiry@tourismpenang.gov.my Website: www.tourismpenang.gov.my



Land of the Hornbill



If you are looking for unspoilt beauty, look no further. Sarawak has the best preserved natural environment anywhere in the world.

32

Malaysia Guide 2003

HARD to beat in terms of natural attractions, Sarawak is guardian of the world's largest and oldest rainforest, has Malaysia's longest river, the world's biggest flower (the Rafflesia), and the world's largest cave passage at Mulu. And that's just a taster.

The sheer range of flora and fauna, insect and animal species is just amazing. Under its shady green canopy, the forest shelters hundreds of different species of birds, butterflies, insects and reptiles as well as the rare proboscis monkey, the silver-leaf monkey, long-tailed macaques, deers, hornbills and monitor lizards.

To preserve these bounteous gifts of nature, Malaysia has set up several splendid National Parks, all proud to offer explorers a unique opportunity to experience the Borneo rainforest. Sarawak offers a real wildlife adventure. Along with forest walking, try caving and



climbing expeditions, several days' jungle hikes (and camping), white-water rafting and river racing.

Underwater, there's a whole new world waiting to be discovered. Sarawak is a relatively new dive destination and ten exciting sites have recently been located in the Miri waters. The variety of corals and other marine life on the reefs are superb and accessible for beginners and experienced divers alike. Dive operators based in Miri offer day and overnight trips on live-aboard diving ships. (see www.diveborneo.com for more details).

Sarawak is on the north-west coast of Borneo, and is Malaysia's largest state. Roughly the same size as the Peninsular, but with only 10% of the population it certainly doesn't feel crowded! Two thirds of its land is still covered in jungle, and most of the rest is a network

of freshwater rivers, pretty hills and rugged mountain ranges, with unspoilt vistas wherever you look.

Indigenous tribes make up most of the population of Sarawak. Many have settled along the banks of its rivers and live in 'long houses' or 'villages' where the entire crowd lives under one roof. Some tribes have begun to open their doors to visitors, and a stay at a longhouse is a fascinating highlight of any trip to Sarawak.

GUNUNG MULU

Bursting with such life and energy that you can almost see things growing in front of your eyes, Mulu National Park is one of Sarawak's greatest attractions, and the biggest park in the country. Added to UNESCO's World Heritage List in 2000, even genetic biologists are searching the wealth of life in the forests for new medicines.

However, Mulu's major claim to fame is its spectacular limestone caves. The show caves of Mulu include the world largest cave passage (Deer Cave – which can fit in St Paul's Cathedral 5 times), the world's largest natural chamber (Sarawak Chamber) and at 107km, the longest cave in Southeast Asia (Clearwater Cave). To date, about 195km of cave passage have been surveyed and more is expected to be revealed. Challenging adventure caving is available for experienced cavers.

Stick around for the evening when big black clouds of hundreds of thousands of bats exit from their roosts within the cave. More detailed information is available at www.visitormalaysia.com under National Parks section.

"Gunung Api" (Fire Mountain) and its challenging needle-like Pinnacles, are an amazing sight. However scaling them is probably best left to experienced climbers.

Get to Mulu from Miri (regional flights from KL, Kota Kinabalu or Kuching) the journey over the Borneo rainforest is quite spectacular, and on to the park by boat.

For more details on all the National Parks in Sarawak, contact:
National Parks and Wildlife Office,
1st Floor,
Wisma Sumber Alam
93050 Kuching, Sarawak.
Tel: 0060 (0)82-442180/201
Fax: 0060 (0)82-441377

Top to Bottom
Gunung Mulu;
The Iban tribe at their
longhouse; Orang Ulu
lady with her hand
tattoo; Niah Cave in
Niah National Park
Opposite Page
Native Orang Ulu
hunter; an Iban lady



Date for your Diary

● 6 - 7 SEPTEMBER 2003

The Sarawak Regatta has been held annually in Kuching for the past 150 years. Traditional longboats have been joined by hornbills and powerboats adding to a colorful and exciting weekend.

● MAY/JUNE 2004

Festival of Gawai Dayak. A great opportunity to get to know the native people of Sarawak better as

they host open houses during this fun-filled annual celebration to mark the end of the rice harvest.

● JULY 2004

Rainforest World Music Festival (www.rainforestmusic-borneo.com). A unique festival that brings together renowned musicians from all over the world, to play alongside local musicians from Borneo.



5 Things to Do & See Around Kuching

THE capital, Kuching, is a charming and attractive city and arrival point for most visitors to Sarawak. Built alongside the Sarawak River in the far south of the country, the bustling waterfront has colourful open-air markets, picturesque architecture, shops, and some very pleasant bars and cafés.

1 SARAWAK MUSEUM, one of the finest in Asia, is a good starting point, and a truly interesting place to learn about the nature and history of the country and its indigenous tribal people. It really will help you to make the most of your visit.

2 THE SUNDAY MARKET (from Saturday afternoon until Sunday) is busy, busy, busy. Here farmers produce a wide range of tropical fruit and veg for the local market, some of which you will never even have heard of! Handicrafts including good ethnic wood carvings, textiles, bamboo and rattan baskets, ethnic jewellery and pottery also for sale.

3 THE CULTURAL VILLAGE. If you don't have enough time to explore all of Sarawak (and who does), then you will benefit from this sprawling museum depicting Sarawak's rich cultural diversity. There are seven traditional houses within the village. You will be greeted by a traditional welcome dance and a brief introduction to the culture of each ethnic group. A cultural show is also included. A good day trip from Kuching. See www.sarawakculturalvillage.com

4 VISIT A LONGHOUSE. Longhouses are the very centre of communal life in Sarawak, and a visit to a longhouse will really give you an insight into the tribal customs of the country. As most traditional longhouses are riverside dwellings, the real longhouse experience begins with a journey

upriver, where you can sit and watch the sights and sounds of river life go by, scenes unchanged for hundreds of years. Guests are invited to join in an evening of tribal dance and music, and usually stay in a separate lodge overnight. The simple life is quite intoxicating. (See www.sarawak.com.my)

5 DO NOT MISS BAKO NATIONAL PARK. Reached by road and boat from Kuching just one hour away, Bako National Park is an excellent introduction to the Borneo rainforest. There are some great trekking trails and, apart from the abundant tropical wildlife, (see the rare proboscis monkey, silver-leaf monkeys, long-tailed macaques, and monitor lizards), the secluded beaches and weird rock formations make this a fascinating trip.

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SABAH

Land below the Wind



Welcome to Sabah, where towering mountains rise dramatically from vivid green hillsides, their jagged grey peaks higher than the clouds.

IT'S where cascades of crystal clear waterfalls gush down into fast-moving rivers streaming through verdant valleys, and where exotic plants and tropical flowers fill the jungly interior. Sabah's vast natural beauty will take your breath away. A legend amongst nature lovers; the forests teem with life, discovered and undiscovered, and the sights and sound of the jungle are waiting to be explored.

Hidden beneath the turquoise seas off the coast of Sabah, the great ocean depths and coral cliffs are home to strange and wonderful fish, their vibrant colours and unusual shapes

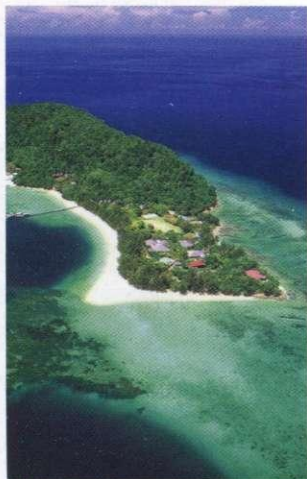


making a surreal and beautiful blue aquarium. Divers rate Sabah's outlying islands as some of the best dive sites in the world. Sipadan, in particular, is noted for its fantastic corals and is considered by many to have the world's richest marine habitat. For more information see www.borneo.org/ajwt.

Perfect for adventure-seekers, Sabah provides fantastic opportunities for trekking, caving and white-water rafting. Home to Mount Kinabalu, the highest mountain in South-East Asia, climbers from all over the world come to conquer its awe-inspiring peaks. Often called

the 'Land below the wind', due to its location just south of the typhoon belt, Sabah is ideal for those who prefer to do more than sunbathe on their holiday.

The second largest state in Malaysia, Sabah is the northernmost province on the island of Borneo and together with Sarawak, is known as 'east Malaysia'. Capital city and arrival point for most visitors is Kota Kinabalu, a relatively modern town. Top class hotels on the golden sandy beaches around Kota Kinabalu are great for a peaceful, relaxing holiday, and make the perfect base for exploring the rest of the country.



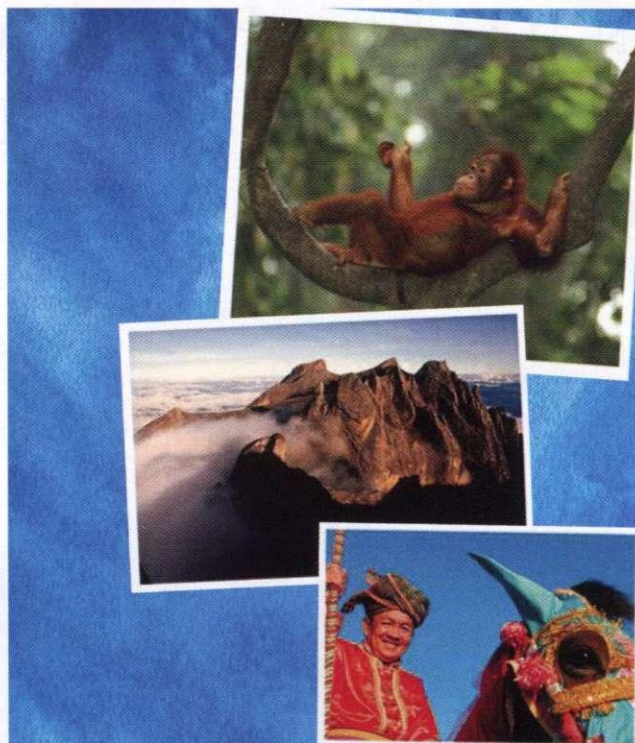
Reached from KL by air, the country has a good network of inter-state flights. For timings and routes see www.malaysia-airlines.com/uk. The weather is equatorial, so warm and humid throughout the year, although in the interior, and at higher altitudes, it can get quite cold at nights. In most parts of Sabah the wettest period is from October to February; the driest from March to September.

CLIMBING MOUNT KINABALU

Each year thousands of visitors make the two day climb along the scenic Kinabalu Mountain Trail, the most direct route to the top of Mount Kinabalu. You do not need specialist knowledge or equipment, but you do need to be fit and healthy. Information about conditions, preparations and routes can be obtained from the Park Warden when in Sabah (0060 88 211 585). At the overnight stop, there are a number of basic huts, with cooking facilities and a simple restaurant. You will need the services of an authorised guide for the ascent to the summit of Mt. Kinabalu, best reached early in the morning for clear views of the sunrise. Successful climbers receive a certificate on completion of the climb.

You are advised to bring suntan lotion for the first day, then plenty of warm clothes, (even hat and gloves), ▶

Top to Bottom
Capital town Kota
Kinabalu; the colourful
needlework of a
Rangguis woman's;
scuba diving at Tunku
Island; Orang Utan
greeting
Opposite Page
Kinabalu Mountain



Sabah

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PACIFIC WING Stylish in design and setting, this wing comprises 500 immaculately appointed deluxe rooms and suites, overlooking the breathtaking South China Sea and Golf Course.



MAGELLAN WING The impressive, pillar-less Magellan Grand Ballroom at Sutera Harbour Resort is all set to stage international conventions and events with a sitting capacity of over 3,000.



MARINA & COUNTRY CLUB With the aquamarine water of the South China Sea glistening under the sun, the Marina & Country Club is the perfect paradise for seafarers and visitors alike, where they will also enjoy its magnitude of recreational facilities.



GOLF CLUB Enjoy a game of golf, be it day or night, at our 27-hole Championship Golf Course designed by Graham Marsh, where a part of it overlooks the coast of the magnificent South China Sea.

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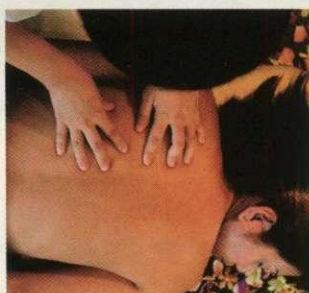
SUTERA HARBOUR RESORT is designed as a lifestyle resort, one that encompasses all avenues of leisure and entertainment, every need for function and facilities, covering all aspects of corporate and business needs, all in an atmosphere that is refined yet relaxed. The resort embraces the natural wonder that is Sabah, the glory of the sun and the grace of the sea.

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3. MARINA & COUNTRY CLUB
4. GOLF CLUB
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RESIDENCES Offering more than just a premier address for living, the Residences at Sutera Harbour promise the ultimate lifestyle for discerning buyers and investors who will have seamless access to the resort facilities.



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RESORT • GOLF • MARINA • SPA • RESIDENCES



5 Things to See & Do

1 MOUNT KINABALU PARK is not just for climbers. Covered in lush green forests, waterfalls, flora and fauna, there are hiking trails taking from a few hours to several days, and all are well-marked. Take a walk along a swaying tree-top canopy for a new perspective on the forest and its high-rise inhabitants. The natural Hot Springs, are sulphurous baths, big enough for two, and are really good for tired and aching legs. More information from Sabah Parks tel 0060 88 211 585.

2 SEPILOK ORANG UTANG CENTRE is one of only four centres of its kind in the world. Don't miss these endangered apes, whose many antics will keep you amused for hours. Best reached from Sandakan on the east coast (regular internal flights from Kota Kinabalu take some 40 minutes). For more info on the centre see www.sepilok.com

3 THE TUNKU ABDUL RAHMAN ISLANDS are just 20 minutes by boat from Kota Kinabalu. This group of five picturesque islands are surrounded by crystal clear water and teeming with tropical fish and corals. Come here for the snorkelling and diving, and the white, white sands which are perfect for sunbathing.

4 THE NORTH BORNEO RAILWAY runs from Beaufort to Tenom and is the only one on Sabah. Built by the British, the steam train winds its way up mountains and through jungle on its three-hour round trip. Great fun and something to do if the weather is wet.

5 THE FAMOUS MENKABONG WATER VILLAGE, is about 30 minutes from Kota Kinabalu. Linked by a maze of rickety plankways, wooden houses are built on stilts over the water. An ever increasing population has seen the village gradually expanding further into the sea.

Date for your Diary

● **SEPTEMBER**, the Festival of Art takes place in Kota Kinabalu. Exhibiting local artists from all ages and regions, this cultural festival will give visitors a fascinating insight into the local way of life.

Email mcv@tm.net.my for more details.

● **4 - 6 OCTOBER 2003** sees the Mt Kinabalu International Climbathon, considered one of the world's toughest mountain races, runners from all over the world cover 21km and more than 2,000 metres ascent to the summit and back. Call 0060 (0)3 2166 2166 for more details.

● **26 OCT - 2 NOV 2003** The Borneo 4WD Safari takes place in Sabah this year between 26 Oct - 2 November. A great spectator sport, fax 0060 (0)88 258 996 for more info.



Above Aerial view of islands
Below Bajau Cowboys in Sabah

waterproof coat, and proper walking shoes, as the weather will get much colder the higher up the mountain you get. Also bring a sleeping bag, a torch, and a water bottle for the climb. Energy-giving food like chocolate, and nuts and raisins are a good idea, and don't forget the camera.

(An excellent account of one

man's climb can be found at www.drmartinwilliams.com under Articles: Awesome Mt Kinabalu)

For further information on Sabah see
www.sabahtravelguide.com
www.sabahtourism.com
www.wildmalaysia.net
www.kinabulunatureresorts.com
www.adventure.com.my

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Malaysia offers a great choice of accommodation. The country's cities and towns, islands, beaches and parks all have a wide range of places to stay to suit all budgets.

FROM deluxe holiday resorts to budget hotels, thatched beach huts and even campsites, there is something for everyone.

HOTELS

First class and deluxe hotels have everything you could possibly want for an enjoyable holiday, and even some things you hadn't even thought of. International chains such as the Sheraton and the Hilton provide the same high standards in Malaysia that they offer elsewhere in the world. A good choice of restaurants serving delicious local and international cuisine, shops and boutiques and evening entertainment are always available. Air-conditioned rooms are standard in 4 and 5 star hotels. Beach and island resorts have at least one swimming pool and a range of watersports equipment to hire. More and more hotels are opening wonderful spa facilities and some have adjoining golf clubs. Business centres with internet access are available to visitors in most hotels graded 4* and above.

It isn't just the traditional coastal resorts that have the best hotels. Luxury accommodation in the National Parks, and in the more remote states of Sabah and Sarawak, offer a pleasant retreat from all that nature! If English country house is more your style, hop up to the

Cameron Highlands, where you can enjoy afternoon tea and full colonial breakfasts in mock-tudor style comfort.

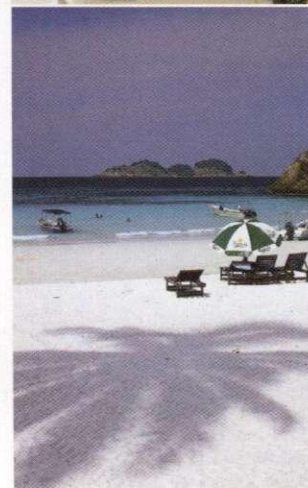
In Malaysia, unlike the Caribbean, you will find that most hotels operate on a bed and breakfast or room only basis, giving you the opportunity to eat where you please. Wander down to the local night market or eat at the hotel's air-conditioned restaurant, or maybe dine out in style under the stars. There is such a wide variety of choice, you really won't go hungry.

Popular with honeymooners, Malaysia has some stunningly romantic hideaway hotels. The

country's offshore islands provide some of the greatest places in which to get married life off to a great start! Whether you prefer a romantic chalet on a deserted beach in the Perhentian Islands, or 5* luxury in Langkawi, the choice is yours.

Kids Clubs, supervised activities and children's facilities make family holidays much easier, and more enjoyable for children, who get to learn and play with children from different countries.

Please note that it is advisable to book well in advance if you are planning to travel during the school or public holidays - Malaysians like to holiday too!



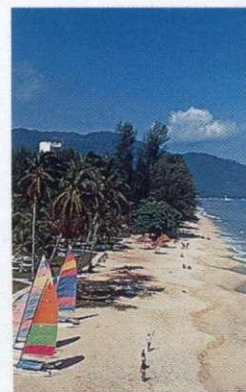
*Top to Bottom
Spa at Pangkor Laut,
Resort; sunset at Blue
Coral Beach,
Terengganu; holiday
resort in Sabah;
Pulau Redang Beach,
Terengganu*

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ACCOMMODATION



GOVERNMENT REST HOUSES

Government Rest Houses are moderately-priced hotels originally built for colonial civil servants and merchants when they travelled around the country. They are basic, but always clean and comfortable, usually with huge rooms and private bathrooms. Nearly all of them have a restaurant attached. As they offer good value-for-money they tend to fill up quickly, so it is worth booking ahead.

HOMESTAY PROGRAMMES

This is a great way to experience firsthand the real Malaysian way of life. Visitors stay a few days with a Malaysian family who have registered for the programme, and are happy to

host guests, and introduce them into the daily life of the local community. Located at a number of villages around the country, activities in each homestay will vary depending on the culture and traditions of the district. Expect swimming in the river, jungle trekking, padi planting and cultural dances to form part of your itinerary. You are sure to be warmly welcomed, and in return, it is a courtesy to read up on the local customs before arriving, in order to respect the local culture. For further details, contact the Association of Homestay Programme, (tel: 0060 (0)3 3263 0048; fax: 0060 (0)3 3263 0049; e-mail: araitu@mapro.or.ja.

CAMPING

There are many jungle camping sites in Malaysia's National Parks, and it is a good budget



Sibu Island, Johor

option, although it can be a bit hot and sweaty at times. Always take into consideration the weather conditions and check with the relevant Park authorities beforehand. Most of the national parks rent out camping gear such as tents, camp beds, pressure lamps and mosquito nets for trips into the rainforests, but it may be wise to bring basic camping necessities.

BUDGET ACCOMMODATION

Most of the big cities and even the smaller towns have a well-established network of budget accommodation that is clean and well located. Often for as little as RM80 you can get decent lodgings close to town, and a goodnight's sleep.

Chalets offer good inexpensive lodgings for those on a tight budget. Mainly found on island and beach resorts,

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 Website: quality.com.my

they usually have private bedroom and communal facilities. The backpackers favourite, the "A" frame thatched-roof huts are probably the cheapest of this type. Often providing only a mattress, you will need to travel with a cotton sleeping bag, your own towel and a mosquito coil.

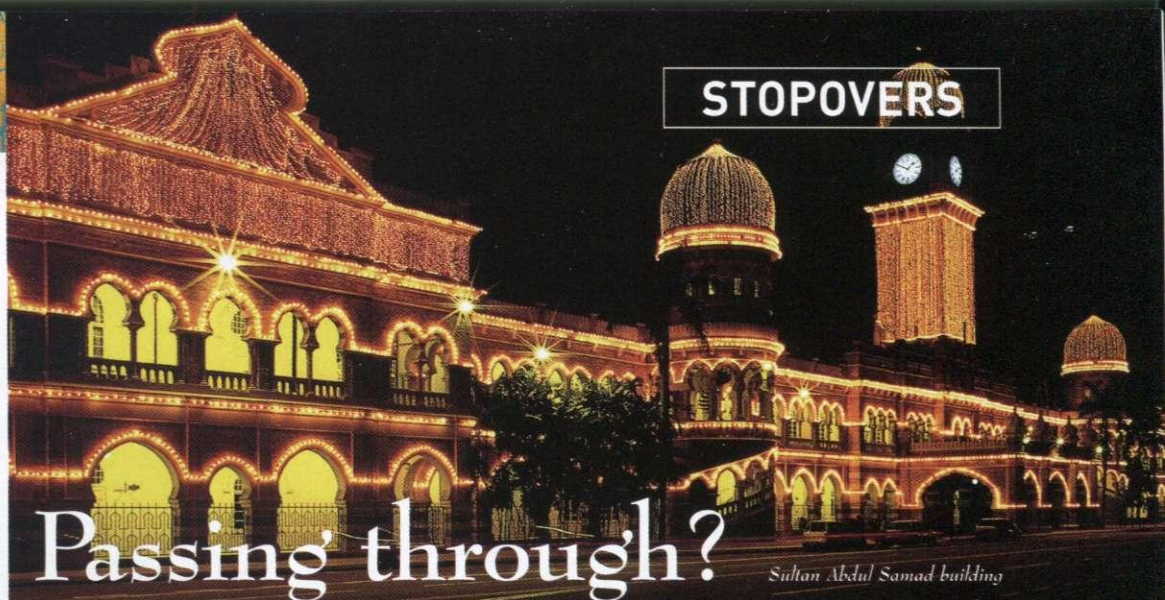
Malaysia is a member of the International Youth Hostel Federation. There aren't many hostels – but the ones they have are very cheap. Accommodation is in dormitories and meals can be arranged. You must register at the hostel between 5 – 8pm if you want to stay the night. Hostels are to be found in the Cameron Highlands, KL, Kuantan, Malacca, and Penang. Further details from the Malaysian Youth Hostel Association, Kuala Lumpur. tel: 0060 (0)3 2273 6870 or e-mail: myha@pd.jaring.my

A full accommodation guide is available from the Malaysia Tourist Office in London Call 0207 930 7932 or order online at www.malaysiatrulyasia.co.uk Or visit. <http://www.hotelmalaysia.com>.

A note on Safety

Malaysia prides itself on having a society that is democratic, liberal and tolerant, caring, economically and politically stable, just and equitable.

The Malaysian Government is committed to visitor safety and following the tragic events in Indonesia (Bali) the government has put in place extensive measures to combat terrorism. Malaysia is considered a safe destination, the UK Foreign Office recently stated - 'we are not aware of any current, specific threat to British nationals and interests in Malaysia'.



Passing through?

Sultan Abdul Samad building

If your final destination is not Malaysia, think about a short side-trip for a taste of what the country has to offer.

EVEN just a few days at one of Malaysia's fabulous beach resorts, like Penang or Langkawi will leave you feeling refreshed and relaxed. Maybe an adventure with nature in the jungles of Sabah or Sarawak, to leave you feeling invigorated. Or hop over to the East coast for a slower pace of life, leaving time to appreciate the traditional Malay way of life. If you are flying on Malaysia Airlines via KL, you can take advantage of the company's great stopover programme. The promotion is valid for all passengers travelling on to places like Australia, New Zealand, Japan or South America, and is designed to show passers-through what a great destination Malaysia is.

Malaysia Airlines offers a complimentary return flight from KL to one of 14 destinations in Malaysia, for a stay of up to 14 nights maximum. Destinations include favourites like Langkawi, Penang, Kuantan, Kuching, Kota Kinabalu and Labuan, and the hotels on the stopover programme offer an attractive room rate for guests. Apart from the obvious advantage of breaking up a long flight, you get to spend an enjoyable few days getting to know Malaysia better.

You can choose from over 100 hotels, situated

throughout the country in cities, mountains, highlands, beaches and islands. Soak up the sun, or go diving in Langkawi, where you can arrange to stay at a 3* beach resort from around £18. Take a trishaw ride along the heritage trail, or the funicular up Penang Hill in Georgetown, Penang, where a 4* hotel costs from around £16 per night.

Snorkel in the Tunku Abdul Rahman Islands, just 20 minutes by boat from Kota Kinabalu, on Sabah, where you can stay at the 5* Hyatt from around £23 per night. There is usually a 50% discount for a child sharing a room with two adults. For more details call Malaysia Airlines on 020 7341 2000 or visit www.malaysia-airlines.com/uk.

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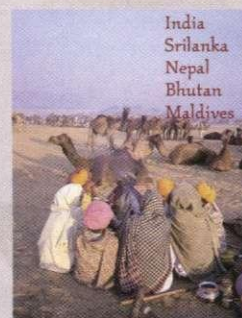
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Essential Information

TIME DIFFERENCE

Malaysia is eight hours ahead of Greenwich Mean Time.

HEALTH

No vaccinations are compulsory at the moment, but Tetanus, Polio, Typhoid and Hepatitis A inoculations and anti-Malarial tablets are also advised. Some doctors also recommend a Meningitis vaccination. Please consult your doctor or the Nomad Medical Centre Health Line, telephone 09068 633414 (calls cost 60p per minute), at least one month before departure for up to date advice.

CURRENCY

Malaysia Ringgit £1 = 6.5144 MYR (July '03)

MEDICAL TREATMENT

You are advised to carry supplies of paracetamol tablets, travel sickness remedies, tablets for diarrhoea, throat tablets, eye drops, sunscreen, plasters and syringes. If you are taking any medicines on prescription, please be sure that you have an adequate supply to last beyond the period of your visit.

ENTRY REQUIREMENTS

British citizens do not require a visa to enter Malaysia for a period of stay up to three

months, but passport must be valid for up to six months.

WEATHER

Malaysia is hot and humid year round. Peninsular Malaysia experiences rainfall most of the year but it is in brief downpours followed by sunshine. The East coast has a monsoon or rainy season with the heaviest rainfall from November to January. East Malaysia (Sabah and Sarawak) also experiences rainfall year round with the heaviest from May to November for Sabah and October to March for Sarawak.

FOR FURTHER INFORMATION

Tourism Malaysia is at 57 Trafalgar Square, London WC2N 5DU
Telephone: 020 7930 7932
Fax: 020 7930 9015
Email: info@tourism-malaysia.co.uk
www.MalaysiaTrulyAsia.co.uk

USEFUL WEBSITES

Foreign Office: www.fco.gov.uk
Tourism Malaysia:
www.tourismmalaysia.gov.my
www.malaysiamydestination.com

Dates to Remember

With so many cultures and traditions to observe, Malaysia has perhaps more festivals and public holidays than any other country. They also host some of the most exciting sporting events on earth.

AUGUST

Kuching City Festival, Sarawak

SEPTEMBER

Kelantan Cultural Festival

OCTOBER

Superbikes Grand Prix, Sepang F1 Race Circuit, Kuala Lumpur

OCTOBER

Mount Kinabalu Climathon, Sabah

DECEMBER

Langkawi International Maritime and Aerospace Exhibition

JANUARY

Tour De Langkawi cycle race around the Malay Peninsula

FEBRUARY

Malaysia Ironman Triathlon, Langkawi

MARCH, AUGUST AND DECEMBER

Mega Sale Shopping Carnivals

MARCH

Malaysia F1 Grand Prix, Sepang Circuit, Kuala Lumpur

APRIL-AUGUST

World Amateur Inter-Team Golf Championship

MAY

Sabah Festival: Month long cultural carnival

MAY

Sarawak Gawai harvest festival

MAY

Colours of Malaysia cultural festival

JUNE

Penang Dragon Boat Festival

JULY

Rainforest World Music Festival, Kuching, Sarawak

JULY

International Kite Festival, Tumpat, Kelantan

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www.asiaworld.co.uk Reservations@asiaworld.co.uk

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www.eTours-Malaysia.com

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www.eastravel.co.uk enquiries@eastravel.co.uk

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www.magicoftheorient.com info@magicorient.co.uk

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T: 020 8579 3739 F: 020 8840 5327
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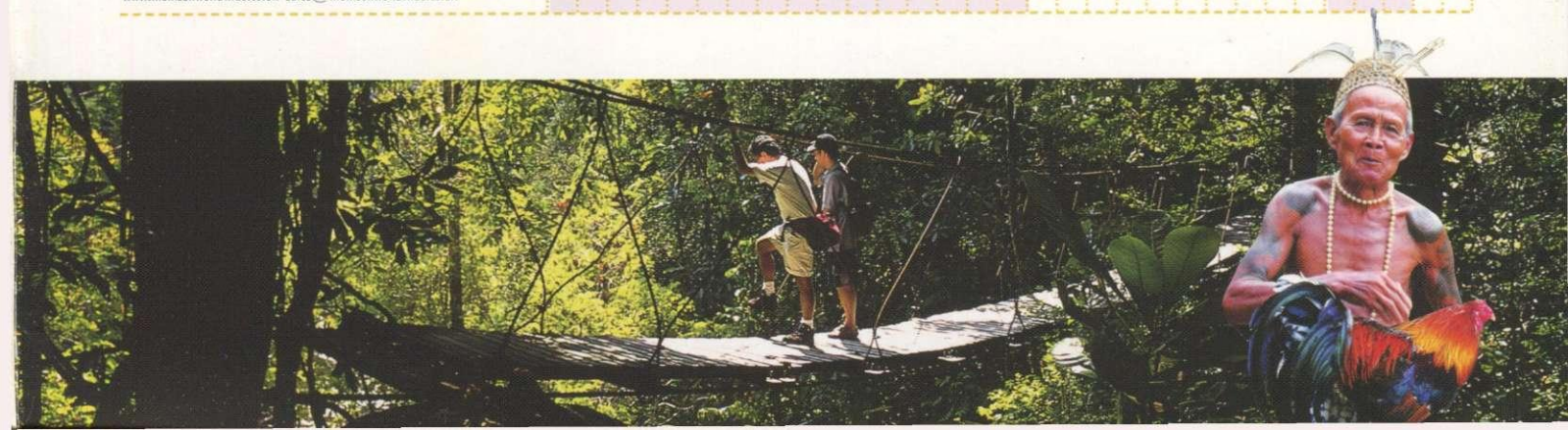
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TOURISM MALAYSIA United Kingdom: 57 Trafalgar Square, London WC2N 5DU, United Kingdom
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